

英漢漢英 武術常用詞匯

ENGLISH—CHINESE

&

CHINESE—ENGLISH

WUSHU

GLOSSARY

● 解守德 李文英 編譯

● 人民體育出版社

英汉汉英武术常用词汇

English-Chinese Chinese- English Wushu Glossary

解守德 李文英 编译

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序

我向中外武术爱好者推荐这本《英汉、汉英武术常用词汇》，并向两位年轻的编辑解守德、李文英的辛勤劳动致以谢意。

翻一翻中外文化交流的史籍，甚少看到武术交流的记载，至于有关武术的中外文对照辞书，就更难找到了。今天，在武术走向世界的热浪中，我们能够看到一本《英汉、汉英武术常用词汇》，实属难能可贵，令人欣喜。尽管这本《词汇》尚有诸多未尽之处，但它毕竟会给中外武术家和习武者带来方便。可以说，在中外武术交流的历史长河中，这本书又架起了一座缩短距离的桥梁。

当今世界正处在一个炽热的文化交流和信息传递的潮流中，学习外国语热席卷全球。不用说这是十分需要各种门类的辞书，特别是不同语言对照的专业辞书的。武术源于中国，属于世界，目前正在国际化的大道上奋进。在这个时候，迫切需要各种语言的武术图书和中外文对照的武术专用词语辞书问世，以供中外武术推广者和武术爱好者所用。这本《词汇》就是雪中送炭的应时书。希望中外武术界朋友喜用它，并提出宝贵的增删修订意见，以使此书日臻完善。

说到这里，我还愿向读者朋友介绍这本书的两位编译者。解守德、李文英是北京体育学院专攻武术的毕业生，已从事武术编辑工作数年。他们出于传播武术种子的强烈责任

感，在繁忙的编辑工作之余，搜集大量武术词汇资料，进行汉英语的对照编译，应当说，其志可贵，其行可赞！我衷心祝愿在武术国际化的进程中，中外习武者都能谙悉武术的基本词汇，尤其希望中国武术工作者和教练员、裁判员、运动员学习有关的外国语言，以利武术的教习和推广。我也决心作为武术界学习外语队伍中的一员，同大家一道为武术走向世界，为国际文化的交流尽一分力，发一束光。

中国武术协会主席
中国武术研究院院长

徐才
一九八八年十二月

Preface

I am very happy to recommend "A Common English-Chinese Chinese-English Wushu (Martial Arts) Glossary" to Chinese and foreign Wushu (martial arts) enthusiasts. At the same time, I would like to extend my gratitude to the two young authors, Xie Shoude and Li Wenying, for their conscientious efforts.

Very few accounts are to be found in historical records concerning the exchange of Wushu in Sino-foreign cultural interflow. It is therefore naturally somewhat difficult to find English-Chinese or Chinese-English bilingual books on Wushu.

Today, when more and more Chinese and foreigners are showing a greater and greater interest in Wushu, the appearance of such a glossary is truly exciting. Although not free of imperfections, this dictionary will certainly bring a great deal of convenience to Wushu experts and practitioners both at home and abroad. It might be said that this book is a bridge spanning the wide river which has flown through history between China's Wushu and the rest of the world.

In this contemporary world of frequent cultural inter-

flow and message transmission, a wave of foreign language study is sweeping across the globe. Books and dictionaries of different kinds now find a greater market, especially those polyglot dictionaries concerning different specialities.

Wushu has its roots in China but belongs to the world. As China opens its doors wider and wider, Wushu is becoming more and more well-known. We are therefore presented with an urgent need of books and dictionaires on Wushu in various languages in order that Chinese and foreign Wushu enthusiasts are able to correctly convey their thoughts.

“A Common English-Chinese Chinese-English Wushu Glossary”, I believe, serves this purpose well and would definitely be the number one choice for teaching and studying Wushu. Suggestions of the reader for additions, deletions or revisions of the glossary would be very helpful as well as sincerely appreciated.

I would also like to include something more about this book’s two authors — Xie Shoude and Li Wenying. Both are graduates of the Beijing Institute of Physical Culture where they specialized in Wushu. Since, they have done much editing work in the field of Wushu. Out of the strong sense of responsibility to introduce Wushu to Chinese and foreign friends, these two have worked hand in hand, selecting a vast amount of Wushu vocabulary materials in their spare time. They translated and edited

the material from both English to Chinese as well as from Chinese to English. It should be said that their ideals are lofty and their diligence praiseworthy.

I wholeheartedly hope that this glossary will be of help to Chinese and foreign Wushu enthusiasts in mastering the essential vocabulary of Wushu, and I especially hope that Chinese Wushu coaches, judges, referees and athletes study foreign languages in order to assist the teaching, study and popularization of Wushu. I, personally, have decided to join those of China's Wushu circle who study foreign language and will do my best in the popularization of Wushu among its enthusiasts throughout the world.

Xu Cai

Chairman of the Preparatory Committee for the International Wushu (Martial Arts) Federation;

Chairman of the Asian Wushu Federation;

Chairman of the Chinese Wushu Association;

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前　　言

当今世界许多国家和地区的朋友，对中华民族的文化瑰宝——武术的兴趣越来越浓，形势十分喜人。

就近几年的情况看，武术正以腾飞的速度向世界发展。1985年，我国在西安举办了第一届国际武术邀请赛，参赛者有18个国家和地区的代表队，同时成立了国际武术联合会筹备委员会。1986年在天津，我国举办了第二届国际武术邀请赛，参赛队增至27个国家和地区；同月，欧洲武术联合会成立，并举行了第一届欧洲武术锦标赛。1987年9月，在日本横滨举行了第一届亚洲武术锦标赛，11个国家和地区的10个代表队参加了角逐；同时成立了亚洲武术联合会。这些都说明了武术正蓬勃地走向世界。

然而，在武术走向世界的进程中，由于武术所具有的中国“土特产”的特性，使外国人很难理解，而国内的翻译工作者们又苦于没有一本武术术语翻译的工具参考书。显然，这一状况已不适应武术飞速发展的需要。为填补这一空白，我们特编译了这本《英汉·汉英武术常用词汇》（简称《词汇》），目的是为国内外武术爱好者提供阅读和翻译武术图书的参考。

本《词汇》的一部分取材于目前国内外一些有关武术的英文书刊，如：中国武术研究院编写的推广教材《武术》，《1986年国际武术教练员训练班教材》，中国武术协会编写的

《1987年国际武术裁判员训练班教材》，以及香港地区和外国出版的《中国功夫训练法》、《自卫术》、《太极拳》、《黑带》(Black Belt)、《功夫》(Inside Kung-Fu) 等。由于理解的差异，许多术语出现了多种译法，因此，我们将那些离意较远的词汇进行了筛选。另一部分则根据我们和国外武林朋友交流以及武术英语教学经验而翻译的。目前共编译了常用词、词组和短语三千多条。

编译时分两种形式：一种是音译；一种是意译。一般姓氏（如：查拳Zha Style Boxing），地名（如：少林拳Shaolin Boxing），人体穴位或英语没有相对应的词（如：太极 Taiji）用音译。

本书内容分为：一般词汇；拳术；器械；对练；对抗项目；教学训练；常用人体部位；经络及穴位名称；其它；共九类。为了便于记忆，汉英部分根据分类按英语字母顺序排列。英汉部分只按英语字母顺序排列。每个词、词组和短语后面注有国际音标；未注国际音标，且有“ ”引号者则为汉语拼音。

本《词汇》在编译过程中，得到了加拿大武友费华伦先生(Mr. Warren Fischer)的热情帮助，并审阅了全部词汇，在此，特致衷心的谢意。

《词汇》的编译过程，也是我们研究、探索的过程。既然是探索，谬误之处在所难免，因此，我们恳切地希望国内外读者不吝指正。

解守德
李文英

Foreword

In today's world, more and more foreign friends are taking greater interest in Wushu, China's cultural gem. During recent years, Wushu has been developing around the globe at flying speed. In 1985, eighteen Wushu teams from other countries and regions participated in the First International Wushu Invitational Tournament in Xi'an, China. At the same time, the Preparatory Committee for the International Wushu Federation was founded. In 1986, the Second International Wushu Invitational Tournament was held in Tianjin, China, the teams involved in this event adding up to twenty seven countries and regions. During the same month, the European Wushu Federation was established, and the First European Wushu Championships were held. In September of last year, the Asian Wushu Federation was established, and the First Asian Wushu Championships held in Yokohama, Japan. Ten teams from eleven countries and regions attended the competition. Wushu is truly developing on a worldwide scale in leaps and bounds.

During the course of deveolpment of wushu, however, those characteristics which make Chinese Wushu

somewhat of a "special, local product" also make it very difficult for foreigners to understand what Wushu actually is, as well as causing difficulty for interpreters at home in translating Wushu terms. Lack of a reference book on Wushu is a hindrance to its continued rapid development.

In order to fill this blank, we have translated and compiled the "English-Chinese Chinese-English Wushu Glossary". This glossary is meant as a reference guide for Wushu enthusiasts as well as for translating purposes both at home and abroad.

One part of this Wushu Glossary has drawn its material from wushu books and magazines in English published at home, such as "Wushu" (teaching material), "International Wushu Instructors Seminar Course, 1986", "International Wushu Judges Seminar Course, the year 1987", edited by the Chinese Wushu Association and the Chinese Wushu Research Institute, as well as from those published in Hong Kong and abroad, such as "Chinese Kung-Fu Training Methods", "Self-defence", "Taiji Quan", "Black Belt" and "Inside Kung-Fu". Many terms have already been interpreted and translated in different ways, therefore, during our compilation, only those terms with the most accurate meaning were selected.

The remaining terms have been translated through interchange between us and foreign friends during our

experience teaching Wushu in English. The terms of the Glossary include single words, word groups and short phrases and total more than 3,000 entries.

Terms were translated in two ways:

- 1) According to Chinese romanization (Mandarin), which includes family names (查拳, "Zha Quan" or "Zha" Style Boxing), place names (少林拳, "Shaolin" Boxing), acupuncture points (百会, "baihui") and those terms which have no corresponding concept in English (太极, "Taiji")
- 2) According to meaning. For example: "Zhengtitui (正踢腿)" is translated as Front Kick.

The contents of the Glossary include general words, boxing names and terms, Wushu weapon terms, set sparing terms, free-fighting event terms, training and teaching terms, competition terms, names of parts of the body, names of acupuncture channels and acupoints in common use. The Chinese-English section of the glossary is arranged in alphabetical order according to the above categories. The English-Chinese section is simply arranged in alphabetical order. After each term are given the international phonetic symbols. Words and phrases which are not followed by the international phonetic symbols but have the " " marks are Chinese romanization (Mandarin).

We would like to extend our thanks to Mr. Warren

Fischer, our Wushu friend from Canada; who gave us a great deal of help in proofreading the Glossary during our compiling and translating process.

The process of compilation of the Glossary is also a process of study and research on our part. We are certain that the Glossary is not free of faults, therefore, we sincerely hope to receive comments and suggestions from our readers in order that it may be improved to meet the growing needs of the worldwide advancement of Wushu.

Xie Shoude
Li Wenyi

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英汉武术常用词汇

English-Chinese Wushu Glossary

A

abdomen [æbdəmen] 腹(部)

abdominal breathing [æb'dəmɪnl 'bri:ðɪŋ] 腹式呼吸法

ability [ə'biliti] 功, 能力

abruptly [ə'b्रʌptli] 突然, 出其不意

abstention [æb'stenshən] 弃权

accurate and clear ['ækjurit ænd klɪə] 清晰准确

accumulated softness becomes hardness

[ə'kjju:mjuleitid 'səftnis bi'kʌmz 'ha:dnis] 积柔成刚

accurate and quick ['ækjurit ænd kwik] 快速准确

achieve maximum result with minimum effort

[ə'tʃi:v 'mæksimən rɪ'zʌlt wið 'minimən 'efət] 以小制大

action-in-the-air ['ækʃən-in-ði:-əə] 空中动作

active and diverse ['ækтив ænd dai've:s] 灵活多变

actual combat ['æktyuəl 'kɔmbat] 实战

acupuncture points ['ækjupʌŋktʃə points] 前穴

additional movement [ə'diʃənl 'mu:vmənt] 附加动作

additional support [ə'diʃənl sə'pɔ:t] 附加支撑

adjust one's position [ə'dʒʌst wʌnz pə'zɪʃən] 调整姿势

admonition [,ædmə'nɪʃən] 警告

advance [əd've:nəs] 上步

advantageous position [ædvən'teidʒəs pə'zɪʃən] 有利位置

adverse twining ['ædvə:s 'twainiŋ] 逆缠

aerial cartwheel ['eəriəl 'kɑ:θwi:l] 侧手翻

aerobic training ['eərəubik 'treiniŋ] 有氧训练

again and again [ə'gein ænd ə'gein] 反复地

aggregate score ['ægrɪgeɪt skɔ:] 累积分

agile and changeable ['ædʒail ænd 'tʃeindʒəbl] 灵活多变

all-out attack [ə:l-aut ə:tæk] 全力进攻

all-round [ə:l-raund] 全能

all-round Champion [ə:l-raund 'tʃʌmpjən] 全能冠军

all-round title [ə:l-raund 'taɪtl]

all-round training [ə:l-raund 'treiniŋ] 全面训练

alternate right and left [ə:l'tə:nit rait ænd left] 左右交替

alternating left and right [ə:l'tə:nitiŋ left ænd rait] 左右

转换

alternating training [ə:l'tə:nitiŋ] 'treiniŋ] 变换训练

amateur ['æmətə:] 业余爱好者

An Eagle Waiting for a Rabbit [æn'i:gl weitiŋ fə: ə 'ræbit]

雄鹰待兔

anaerobic training [ə,neiə'rəbik 'treiniŋ] 无氧训练

ancient weapon ['einʃənt 'wepən] 古兵器

angle of attack ['æŋgl əv ə:tæk] 进攻角度

ankle ['æŋkl] 踝

ankle joint flexed ['æŋkl dʒoint flekst] 勾脚尖

announce scores [ə'nauns skɔ:z] 报分

announcement of results [ə'naunsmənt əv ri'zalts] 成绩公

布

announcer [ə'naunṣə] 宣告员，播音员

Apparent close-up [ə'pærənt klouz-ʌp] 如封似闭

apparent inconformity with specifications

[ə'pærənt ,inkən'fə:mɪti wið ,spesifi'keiʃənz] 与要求显著

不符

appeals committee [ə'pi:lz kə'miti] 申诉委员会，仲裁委员会

apply an appropriate force [ə'plai æn ə'prouprieit fo:s] 发劲适当

apply force [ə'plai fo:s] 用劲，发力

apply power as if drawing silk from a cocoon, and walk the steps of a cat.

[ə'plai fo:s əz if 'drə:iŋ silk frəm ə kə'ku:n, ænd wə:k ðə steps əv ə kæt] 运动如抽丝，迈步似猫行。

apply power smoothly [ə'plai 'pauə 'smu:ðli] 劲力顺达

arc palm [ɑ:k pa:m] 擦掌

arch lower back [ɑ:tʃ louə bæk] 插腰

arch of foot [ɑ:tʃ əv fut] 脚弓

arena [ə'rɪ:nə] 比赛场地

arge and vertical channels [a:dʒ ænd 'və:tikəl 'tʃænlz] 经

Arhat Boxing ['a:het 'boksɪŋ] 罗汉拳

arm circling and wrists rotation

[a:m 'səklin ənd rist rou'teisən] 转腕旋膀

arm-feint ['a:m-feint] 手臂虚晃

arm power [a:m pauə] 臂力

- arm swingover [ɑ:m 'swiŋouvə] 抢臂
armed combat [ɑ:md 'kəmbət] 器械对练
armed routine [ɑ:mr̩ ru:tɪn] 器械套路
armpit ['ɑ:mpit] 腋窝
arms akimbo [ɑ:mz ə'kimbo] 双手叉腰
arms move in flowing circles
[ɑ:mz mu:v in'flouin 'sə:klz] 手臂圆活
armswing ['ɑ:mswiŋ] 摆臂
art [ɑ:t] 艺术，技术，技艺
art of attack and defence [ɑ:t əv ə'tæk ænd di'fens] 攻防
技术
as high as [əz hæi əz] 与.....同高
as high as shoulder [əz hai əz 'ʃouldə] 与肩同高
Asian "Wushu" Federation ['eisən "wushu" fedə'reiʃən]
亚洲武术联合会
at eye level [ət ai 'levl] 与眼平
at nose level [ət nouz'levl] 与鼻平
at the same time [ət ðə seim taim] 同时
attack [ə'tæk] 进攻
attack and defence techniques
[ə'tæk ænd di'fens tek'ni:ks] 攻防技术
attack bridge [ə'tæk bridʒ] 攻桥
attack position [ə'tæk pə'zɪʃən] 进攻姿势
Attack Twice With Forearm [ə'tæk twais wið 'fɔ:ra:m] 夺
二肱
attacking ability [ə'tækɪŋ ə'biliti] 进攻能力

- attacking method [ə'tækɪŋ 'meθəd] 技击手段
attacking skill [ə'tækɪŋ skil] 技击，进攻技巧
auxilliary exercise [ə:g'ziljəri 'eksəsaɪz] 辅助练习
award [ə'wɔ:d] 授奖
award (points) [ə'wɔ:d (pɔ:nts)] 给分
awarding of points [ə'wɔ:dɪŋ əv pɔ:nts] 判分
awareness [ə'weənəs] 意识
awareness training [ə'weənəs 'treɪnɪŋ] 意识训练
axe ['æksi] 斧
axilla [æk'silə] 腋窝
axis of movement ['æksɪs əv 'mu:vment] 运动轴

B

- back [bæk] 背
back arc kick [bæk ə:k kik] 后掠腿
back arched [bæk 'ɑ:tʃt] 弓背
back cross-legged balance [bæk krəs-'legd 'bæləns] 扣腿平衡
back cross-step ['bæk krə:s-step] 插步
back cross step and side sole kick
[bæk krə:s step ænd said soul kik] 插步侧踹
back cross step and swing palms

- [bæk krɔ:s step ənd swiŋ pa:mz] 插步双摆掌
back kick with heel [bæk kik wið hi:l] 后蹬腿
back leg press ['bæk leg pres] 后搬腿
back (leg) stretch [bæk (leg) stretʃ] 后压腿
back of broadsword [bæk əv 'bro:dso:d] 刀背
back of foot [bæk əv fut] 脚背
back of hand [bæk əv hænd] 手背
back of head [bæk əv hed] 后脑
back of knee [bæk əv ni:] 腿窝
back step [bæk step] 向后移步
back straight [bæk streit] 拔(直)背
back sweep [bæk swi:p] 后扫
back swing [bæk swiŋ] 向后摆动
backbone ['bæk'boun] 脊柱
backhand swing ['bæk'hænd swiŋ] 以拳背击人
backhanded blow ['bæk'hændid blou] 以拳背击人
backing broadsword ['bækɪŋ 'bro:d so:d] 背刀
backing cudgel ['bækɪŋ 'kʌdʒəl] 背棍
backward ['bækwəd] 向后
backward jump step ['bækwəd dʒʌmp step] 后跳步
backward roll ['bækwəd roul] 后滚翻
backward roll dive and press ['bækwəd roul daiv ænd pres]
翻身扑虎
backward step ['bækwəd step] 撤步
backward trick ['bækwəd trik] 后招
badge [ba:dʒ] 纪念品

bag gloves [bæg glʌvz] 练习手套

“baihui” [“baihui”] 百会

“Bajiquan” [“bajiquan”] 八极拳

balance [bæləns] 平衡

balance exercise [bæləns 'eksəsaiz] 平衡练习

ball of foot [bɔ:l əv fut] 脚前掌

bantamweight [bæntəmweit] 最轻量级

Bare Hand vs. Dagger [bæə hænd 'və:səs 'dægə] 空手夺匕首

bare-handed duel ['bæə-'hændid 'dju(:)əl] 徒手对练

bare hands [‘bæə hændz] 徒手

barehand exercise [‘bæəhænd ‘eksəsaiz] 徒手练习

barehanded against ['bæəhændid ə'geinst] 空手对.....

空手对.....

barehanded and weapon duels

[‘bæəhændid ænd ‘wepən ‘dju(:)əlz] 徒手与器械对练

barehanded fighting ['bæəhændid 'faɪtɪŋ] 手搏，徒手格斗

barehanded fight against ['bæə hændid faɪt ə'geinst] 空手对.....

barehanded routine ['bæəhændid ru:tɪn] 徒手套路

Barchanded vs. Barehanded

[‘bæəhændid ‘və:səs ‘bæəhændid] 徒手对练

Barehanded versus Shield and Broadsword

[‘bæəhændid ‘və:səs ſɪ:ld ænd ‘bro:dſə:d] 空手对盾牌

刀

Barehanded and Weapon Duels

- [‘bɛ: hændid ænd ‘wepen ‘dju(:)əlz] 徒手与器械对练
base of palm [beis əv pa:m] 掌根
base-section [beis-’sekʃən] 根节
basic defence movements [‘beisik di’fens ‘mu:v mənts]
基本防守动作
basic exercise [‘beisik ‘eksəsaiz] 基本功
basic fist techniques [‘beisik fist tek’ni:ks] 基本拳法
basic footwork [‘beisik ‘futwə:k] 基本步法
basic posture [‘beisik ‘pəstʃə] 基本姿势
basic skills [‘beisik skilz] 基本功
basic stances [‘beisik s’tænsɪs] 基本步型
basic techniques [‘beisik tek’ni:ks] 基本技法
basic theory [‘beisik ‘θiəri] 基本理论
basics exercise [‘beisiks ‘eksəsaiz] 基本功练习
battle-axe [‘bætl-’æksi] 铁
Beast Head Pose [bi:t hed pouz] 兽头势
beat [bi:t] 击打
Beat Left Foot [bi:t left fut] 左擦脚
Beat Right Foot [bi:t rait fut] 右擦脚
beat step [bi:t step] 击步
belly [‘beli] 腹
belly out [‘beli aut] 挺腹
belly pulled in [‘beli puld in] 收腹
belt [belt] 腰带，猛击
bend [bend] 弯屈
bend body forward and backward and at waist

- [bend 'bədi 'fɔ:wəd ænd 'bækwəd ət weist] 甩腰
bend elbow [bend 'elbou] 屈肘
Bend Elbow in Horse Step [bend 'elbou in hɔ:s step] 马步盘肘
bend forward [bend 'fɔ:wəd] 俯身
bend forward in defence [bend 'fɔ:wəd in di'fens] 前俯防
bend joint backwards [bend dʒɔint'bækwədz] 反关节
bend knee [bend ni:] 屈膝
bend knees slightly [bend ni:z s'laitli] 屈膝微蹲
bend leg [bend leg] 弓腿
bend the opponent's arm backwards
[bend ði: ə'pounənts ə:m 'bækwədz] 撼对方的手臂
bend trunk backwards into bridge
[bend trʌnk 'bækwədz intu bridʒ] 下腰
bend trunk forward [bend trʌnk 'fɔ:wəd] 上体前俯
bending backwards balance ['bendɪŋ 'bækwədz 'bæləns]
仰身平衡
bending sideways balance ['bendɪŋ 'saɪdweiz 'dæləns] 侧身平衡
Big Frame ("Taijiquan") [big freim ("taijquan")] 大架
(太极拳)
biological energy [baiə'lədʒikəl 'enədʒi] 气
block [blək] 招架，格挡
Black Dragon Boxing [blæk 'drægen 'bəksin] 青龙拳
Black-Dragon Coil -up [blæk-'drægen koil-ap] 乌龙绞柱

Black Dragon Comes Out of Water

[blæk 'drægən kʌmz aut əv 'wɔ:tə] 青龙出水

Black Dragon Reaches Out Its Claws

[blæk 'drægən 'ri:tʃɪs aut its klə:z] 青龙探爪

Black Dragon Soars Up [blæk 'drægən sə:z ʌp] 青龙飞升

Black Dragon Turns Its Head [blæk 'drægən tə:nz its hed] 青龙返首

Black Tiger Comes Out of Lair [blæk 'taigə kʌmz aut əv leɪ] 黑虎出洞

blade [bleid] 刃

(blade) shovel [(bleid) 'ʃvl] 铲

blocking bridge [bləkɪŋ bridʒ] 架桥

blocking drill ['bləkɪŋ dril] 防守练习

blow [blou] 打击

blow with palm [blou wi:ð pa:m] 用手掌打击

blows and kicks [blouz ænd kiks] 拳打脚踢

bluff [blʌf] 假攻

board of judges [bɔ:d əv 'dʒʌdʒəz] 裁判委员会

bobbing ['bəbɪŋ] 低头闪躲

body and weapon not to coordinate

[bədi ænd 'wepən nət tu kou'ə:dineit] 身械不协调

body and weapon become one

[bə:di ænd 'wepən bi'kʌm wʌn] 身械合一

body bag ['bədi bæg] 练习袋

body balance ['bədi 'dælbəns] 身体平衡

- body erect [‘bədi i’rekt] 身体竖直
body feint [‘bədi feint] 身体虚晃
(body) fitness [(‘bədi) ‘fitnis] 身体素质
body form [‘bədi fo:m] 身型
body-hold sit-back throw [‘bədi-hould sit-bæk θrou] 抱干过桥摔
body like a bow [‘bədi laik ə bou] 身似弓
body lock [‘bədi lək] 抱腰
Body-Mill palm [‘bədi-mil pa:m] 磨身掌
body technique [‘bədi tek’ni:k] 身法
Body-Turn Palm [‘bədi-tə:n pa:m] 转身掌
Body-Turnover Palm [‘bədi-tə:n ‘ouvə pa:m] 翻身掌
body slam [‘bədi slæm] 抱摔
(body) tuck [(‘bədi) tʌk] 团身
body work [‘bəd: wə:k] 身法
boom-boom [bu:m-bu:m] 左直拳接右勾拳
borrow rival’s force and use it against him
[‘bərou ‘raivəlz fo:s ænd ju:s it ə’geinst him] 借力发力
both fists hitting like a string of firecrackers
[bouθ fists ‘hitin laik ə striŋ əv ‘faɪə’krækəz] (双拳连击) 脆快一挂鞭
both fists hitting like rain [bouθ fists ‘hitin laik rein] 双拳密如雨
both hard and soft [bouθ ha:d ænd soft] 刚柔相济
both hands as if embracing a ball
[bouθ hændz əz if im’breisin ə ba:l] 双手抱球

- bow-and-arrow play [bou-a:nd-'ærəu plei] 弓箭术
bow stance [bou stæns] 弓步
bow step [bou step] 弓步
Bow Step Push Palm [bou step puʃ pa:m] 弓步推掌
Bow Step Separate Palms [bou step 'sepərit pa;mz] 弓步
 分掌
Bow Step With Elbowing [bou step wið 'elbouɪŋ] 弓步顶肘
bonus point ['bounəs poɪnt] 加分
bout [baut] 回合
box scores [bəks sko:z] 比赛记录表
boxer ['boksə] 练拳者
boxing match ['boksɪŋ mætʃ] 对拳
Boxing Society ['boksɪŋ sə'saiəti] 拳社
brake [breik] 制动
brandish ['brændɪʃ] 挥舞(兵器)
brave and swift [breiv ænd swift] 勇猛快速
breast [brest] 胸
breathe ['bri:ð] 呼吸
breathing exercise ['bri:ðɪŋ 'eksəsaɪz] 气功
breathing following movement
 ['bri:ðɪŋ 'fəlouɪŋ 'mu:vment] 拳势呼吸
breathing rhythm ['bri:ðɪŋ 'rɪðəm] 呼吸节奏
bridge of nose [bridʒ əv nouz] 鼻梁
bridge techniques [bridʒ tek'ni:ks] 桥法
Bring Feet Together and Block With Palm
 [brɪŋ fi:t tə'geðə ænd blək wið pa:m] 并步架掌

broadsword [‘brə:dso:d] 刀

broadsword banner [‘brə:dso:d ‘bænə] 刀彩

broadsword blade [‘brə:dso:d bleid] 刀身

broadsword dance [‘brə:dso:d da:nəs] 刀舞

broadsword envelopment [b’rə:dso:d in’velepment] 绞刀

broadsword reverse figure-8 [‘brə:dso:d ri’ve:s ‘figə-eit]

撩腕花

broadsword reverse grip [‘brə:dso:d ri’ve:s grip] 抱刀

broadsword silk [‘brə:dso:d silk] 刀彩

broadsword straight-arm raise [‘brə:dso:d streit-a:m reiz]

挑刀

broadsword tassel [‘brə:dso:d ‘tæsəl] 刀彩

broadsword techniques [‘brə:dso:d tek’ni:ks] 刀法

(broadsword) twining head [(‘brə:dso:d) ‘twainiŋ hed] 缠头刀

Broadsword vs. Broadsword

[‘brə:dso:d ‘və:səs ‘brə:dso:d] 对劈刀

Broadsword vs. Shield [‘brə:dso:d ‘və:səs ſi:ld] 刀对盾牌

(broadsword) wrapping head [(‘brə:dso:d) ‘ræpin hed] 裹脑刀

broadswordplay [‘brə:dso:dplei] 刀术

broadsword play like a fierce tiger

[‘brə:dso:d plei laik ə fies ‘taigə] 刀如猛虎

broken weapon [‘brouken ‘wepən] 器械折断

bronze medal [brɔnz ‘medl] 铜牌

brush [brʌʃ] 搂

- brush hand [ˈbrʌʃ hænd] 搂手
Brush Knee and Twist Step [brʌʃ ni: ænd twist step] 搂膝拗步
Buddha's Warrior Attendant [ˈbudəz ˈwərɪə ətendənt]
金刚捣碓
Buddhist School Boxing [ˈbudɪst sku:l ˈbəksɪŋ] 僧门拳
bump [bʌmp] 撞
butt [bʌt] 顶、撞
butt of cudgel [bʌt'ev kʌdʒəl] 棍把
butt of spear [bʌt əv spiə] 枪把
butterfly [ˈbʌtəflai] 旋子
butterfly hand [ˈbʌtəflai hænd] 蝶手
buttock [ˈbʌtək] 臀
buttocks in [ˈbʌtəks in] 收臀
buttocks raised [ˈbʌtəks reizd] 跛臀

C

- calculation of results [kælkju:ˈleisən əv ri'zalts] 成绩统计
calf [kɑ:f] 小腿
calmness [ˈkɑ:mnis] 静
Cannon Boxing [ˈkænən ˈbəksɪŋ] 炮捶
cannon fist [ˈkænən fist] 炮拳

Cannon Out of the Bosom [kænən aut əv ðə 'buzəm] 窝里炮

Cannons in Series [kænəns ɪn 'siəri:z] 连珠炮

Carp Kip-Up [ka:p kip-ʌp] 鲤鱼打挺

Carry Whip Obliquely on Back

[kæri hwip ə'bli:kli ən bæk] 斜披红鞭

Cast-Off-Handcuffs Boxing

[ka:st-ə(:)f-'hændkʌfs 'bəksɪŋ] 脱铐拳

catapult ['kætəpəlt] 弹弓

catch [kæts] 抓、握

catch and hold [kæts ænd hould] 捉拿

catch (oncoming fist) [kæts (ən'kʌmiŋ fist)] 以掌格挡来拳

cause opponent leaning (to one side)

[kə:z ə'pounənt 'li:nɪŋ (tu wʌn said)] 使某人的身体倾斜

cause opponent's attack to be ineffective

[kə:z ə'pounənts ə'tæk tu bi: in'fektiv] 使对方进攻落空

cede [si:d] 顺势

ceding parry ['si:dɪŋ 'pærɪ] 顺带

centre line ['sentə lain] 中线

centre splits ['sentə splits] 横叉

centre of balance ['sentə əv 'bæləns] 身体重心

centre of gravity ['sentə əv g'ræviti] 重心

champion ['tʃæmpjən] 冠军

- championship [tʃæmpjənʃip] 锦标赛，冠军赛
“chan-tou-guo-nao” [“chan-tou-guo-nao”] 缠头裹脑
change breath [tʃeindʒ breθ] 换气
change direction of force [tʃeidʒ di'rekʃən əv fo:s] 改变劲力方向
change feet [tʃeindʒ fi:t] 换步
change grip [tʃeindʒ grip] 换把
Change Palms Three Times [tʃeindʒ pa:mz θri: taimz]
三换掌
changeover method [tʃeindʒ'ouvə 'meθəd] 转换方法
changing palm technique [tʃeindʒɪŋ pa:m tek'ni:k] 掌法变换
“Changqiang” [“Chang qiang”] 长强
“Changquan” [“changquan”] 长拳
channels [tʃænlz] 经络
characteristic [kærɪktə'rɪstɪk] 特点
“Chen” Style “Taijiquan” [“chen” stail “taijiquan”]
陈式太极拳
“chengguang” [“cheng guang”] 承光
cheek [tʃi:k] 脸颊
“chengjiang” [“chengjiang”] 承浆
“Chenjiaguo” Village [“chenjiaguo” 'vilidʒ] 陈家沟
chest [tʃest] 胸
chest blow [tʃest blou] 击胸部的拳
chest-pad [tʃest-pæd] 护胸
chest out [tʃest aut] 挺胸

- chest-protector [tʃest-prə'tekta] 护胸
- chest (thrust) out [tʃest (θrʌst) aut] 挺胸
- chest (thrust) out and waist erect [tʃest (θrʌst) aut ænd weist i'rekt] 挺胸立腰
- chestplate [tʃestpleit] 护胸
- chief clerk of tournament [tʃi:f kla:k əv tuənəmənt] 检录长
- chief judge [tʃi:f dʒudʒ] 裁判长
- chin [tʃin] 下巴颏
- chin blow [tʃin blou] 击下巴颏的拳
- chin dropped slightly [tʃin 'dropt 'slaitli] 下颏内收
- chin (tucked) in [tʃin (tʌkt) in] 下颏微收
- Chinese "Wushu" ['tʃai'niz / "wushu"] 中华武术
- "chize" ["chize"] 尺泽
- "chong" channel ["chong" / tʃænl] 冲脉
- "chongmen" ["chongmen"] 钟门
- chop [tʃɔp] 劈，砍
- chop bridge [tʃɔp bridʒ] 劈桥
- chop palm [tʃɔp pa:m] 劈掌
- chop at arm with sidestep [tʃɔp æt a:m wið 'saɪdstep]
侧闪劈臂
- chop at chest [tʃɔp æt tʃest] 劈胸
- chop at face [tʃɔp æt feis] 劈面(脸)
- chop (at) head [tʃɔp (æt) hed] 劈头
- chop at wrist [tʃɔp æt rist] 劈腕
- chop with broadsword [tʃɔp wið 'bro:dso:d] 劈刀

chop with broadsword in bow step

[tʃəp wið 'brɔ:ðsə:d in 'bou step] 弓步劈刀

"Chuojiao" Boxing ["chujiao" boksɪŋ] 截脚(拳)

circle [sə:kł] 划弧

circle bridge [sə:kł bridʒ] 圈桥

circle hold with both wrists [sə:kł hould wið bouθ rısts]

双腕圈擒

circle horizontally with cudgel

[sə:kł 'hori'zəntli wið 'kʌdʒəl] 平抡棍

circle left (right) arm [sə:kł left (rait) a:m] 左(右)手划弧

circle spear [sə:kł spiə] 圈枪

circle trunk with arms sweeping

[sə:kł trunk wið a:mz 'swi:pɪŋ] 涡腰

circle up [sə:kł ʌp] 向上划弧

circle whip with both hands [sə:kł hwip wið bouθ haendlz]

双手舞花鞭

circle with cudgel [sə:kł wið 'kʌdʒəl] 抡棍

circuit training [sə:kit 'treɪnɪŋ] 循环训练

circular movement [sə:kjulə 'mu:vment] 圆形动作，走弧线

circular parries [sə:kjulə 'pærɪz] 绕环防守

circular walking step [sə:kjulə 'wə:kiŋ step] 弧行步

clap hands [klæp haendlz] 击掌

clash [klæʃ] 叮当声(器械相击的)

clasp [kla:sp] 扣住

claw [klə:] (动物的)爪

clean [kli:n] 干净利索

clear [klɪə] 清脆, 清晰

clench [klentʃ] 握紧(拳头)

clench fist [klentʃ fist] 握拳

clench fist tightly [klentʃ fist 'taitli] 紧握拳头

close contact fighting [klous 'kəntækt 'faitiŋ] 近战

close in on opponent [klous in ən ə'ponənt] 逼近对方

closing ceremony ['klouziŋ 'seriməni] 闭幕式

closing date for entries ['klouziŋ deit fɔ: 'entriz] 报名截止

日期

closing form ['klouziŋ fo:m] 收势

cloud broadsword [klaud 'brɔ:dsə:d] 云刀

cloud cudgel [klaud 'dʌdʒəl] 云棍

cloud end [klaud end] 云把

cloud sword [klaud swɔ:d] 云剑

coach [koutʃ] 教练

coil [kɔil] 缠, 绞

collarbone ['kələboun] 锁骨

collect whip [kə'lekt hwip] 收鞭

collecting power [kə'lektiŋ 'paʊə] 蕴劲

combat ['kəmbət] 格斗, 跟……格斗

combat skill ['kəmbət skil] 格斗术

combination [,kəmbi'neiʃən] 组合

combination exercises ['kəmbi'neiʃən 'eksəsaiziz] 动作组合

练习

combination movement [kəm'bɪ'neɪʃən 'mu:vment] 动作

组合

combine internal and external

[kem'bain in'tə:nl ænd eks'tə:nl] 内外结合

combine mind and body [kem'bain maɪnd ænd 'bɔdi]

神形兼备

combine movement and stillness

[kem'bain 'mu:vment ænd 'stilnis] 动静结合

combined events [kem'baind ɪ'vents] 全能项目

combined force [kem'baind fo:s] 合力

combined training [kem'baind 'treiniŋ] 综合训练

come to nothing [kʌm tu 'nʌθɪŋ] 落空

commencing form [kə'mensɪŋ fɔ:m] 起势

commencing position [kə'mensɪŋ pə'zɪʃən] 开始姿势

common error ['kəmən 'erə] 易犯错误

common fault ['kəmən fo:lt] 常见错误

common mistake ['kəmən mis'teik] 常见错误

compact [kəm'pækt] 紧凑

competition [,kəmpi'tiʃən] 比赛

competition board [,kəmpi'tiʃən bɔ:d] 竞赛委员会

competition committee [,kəmpi'tiʃən kə'miti] 竞赛委员会

competition date and time [,kəmpi'tiʃən deit ænd taim]

竞赛日期和时间

物

competition event [,kəmpi'tiʃən i'vent] 比赛项目

competition office [,kəmpi'tiʃən 'ɔfɪs] 竞赛办公室

competition rules [,kəmpi'tiʃən ru:lz] 竞赛规则

- competition site [kəm'pi'tiʃən saɪt] 比赛地点
- competition time [kəm'pi'tiʃən taɪm] 比赛时间
- competitor [kəm'petɪtər] 竞赛者，赛员
- complete at the same time [kəm'pli:t ət ðə seim taim] 同时完成
- completely relax one's muscles [kəm'pli:tli rɪ'læks wʌnz'mʌskz] 使肌肉完全放松
- completely relaxed [kəm'pli:tli rɪ'lækst] 完全放松
- Composite Boxing ['kəm'pəzɪt 'bəksɪŋ] 子母拳
- composure [kəm'pouzə] 镇静
- Compulsory Boxing [kəm'pulsəri 'bəksɪŋ] 规定拳
- Compulsory routine [kəm'pulsəri ru:tɪ:n] 规定套路
- concentrate ['kənsentreɪt] 精神集中，全神贯注
- concentrate force at base of palm
['kənsentreɪt fo:s ət beis əv pa:m] 力达掌根
- concentrate force at toes ['kənsentreɪt fo:s ət touz] 力达脚尖
- concentrate (one's) attention ['kənsentreɪt (wʌnz) ə'tenʃən]
集中注意力
- concentrate power at ['kənsentreɪt paʊə ət]
力达.....部位
- concentration [,kən'sen'treɪʃən] 精神集中，全神贯注
- conclusion [kən'klu:ʒən] 收势
- concept of actual combat ['kənsept əv 'æktɪv 'kəmbət]
实战观念
- confused footwork [kən'fju:zd 'fʊtwə:k] 步法错乱

connect [kə'nekt] 连接

conscious ['kɒnʃju:s] 有意识的

consecutive jumping front kicks

[kən'sekjutiv 'dʒʌmpɪŋ frant kiks]. 腾空连环飞脚
consecutive movement [kən'sekjutiv 'mu:vment] 连续动作
constant changes of direction

[kən'stənt tʃeindʒiz əv di'rekʃən] 变化多端(指方向)

contender [kən'tendə] 竞争者

content of routine [kən'tent əv ru:t'i:n] 套路内容

contest [kən'test] 比赛, 竞赛

contestant [kə'testənt] 竞赛者

continue [kən'tinju(:)] 接着做, 继续

continuing from previous movement

[kən'tinju:iŋ frəm 'pri:yəs 'mu:vment] 承上势

continuity [,kənti'nju(:)iti] 连贯

continuous and quick [kən'tinju:s ænd kwik] 快速接贯

continuous attack [kən'tinju:s ə'tæk] 接续进攻

contralateral [,kəntrə'læterəl] 对侧的

coordinate [kou'ɔ:dinit] 使……一致

correct posture [kə'rekt 'pəʊʃə] 姿势正确

counter ['kaunta] 还击

counter-attack ['kaunta-ə'tæk] 反击

counter blow ['kaunta blou] 还击

counter-hold ['kaunta-hould] 反擒

counter-parry ['kaunta 'pæri] 反防守

counter return ['kaunta ri'tə:n] 反还击

cover [kʌvə] 掩护，盖

Cover Head and Push Mountain

[kʌvə hed ænd pus 'mauntin] 抱头推山

Cover Hands and Strike with Arm

[kʌvə hændz ænd straik wið ɑ:m] 掩手肱捶

cover with cudgel [kʌvə wið 'kʌdʒəl] 盖棍

Crane Exercise [kreɪn 'eksəsaɪz] 鸶形

Crane Style Boxing [kreɪn stail 'bɔksɪŋ] 鹳拳

Crane's-beak Hand [kreɪnz-bi:k hænd] 鹤嘴手

cranial vault ['kreɪnjəl vɔ:lt] 颅顶

create attacking condition [kri(:)eit ə'tækɪŋ kən'dɪʃən]

创造进攻条件

crescent moon shovel [k'resnt mu:ən 'ʃəvl] 月牙铲

Crocodile Exericse [krəkədail 'eksəsaɪz] 鳄形

cross [krə(:)s] 迎击，交叉

cross counter [krə(:)s 'kæntər] 迎击

cross-cut to wrist [krə(:)s-kʌt tu:rist] 截腕

cross-cut with sword [krə(:)s-kʌt sɔ:d] 截剑

cross flying-foot kick [krə(:)s flaiiŋ-fut kik] 斜飞脚

cross forearms [krə(:)s 'fə:ra:mz] 搭手

cross forearms diagonally [krə(:) 'fə:ra:mz dai'ægənlɪ]

前臂斜交叉

cross hands [krə(:) hændz] 十字手

cross kick [krəs kik] 十字踢腿

cross-legged drop [krəs-legd drɔ:p] 盘腿跌

cross-legged resting stance [krəs-legd restiŋ stæns] 歇

步

- cross-legged sitting stance [krøs-legd sitin stæns] 坐盘
cross-legged step [krøs-legd step] 步
cross palms [krøs pa:mz] 叉掌
cross parry [krøs 'pæri] 格挡
cross-slap [krøs-slæp kik] 斜飞(拍)脚
cross step [krø:s step] 交叉步
cross step outside bent-elbow whip lashing
[krøs step 'aut'said bent-'elbow whip 'læsing] 插步外
拐肘鞭
cross sword [krøs so:d] 交锋
crossbow ['krøsbou] 弩
crosscut ['krøskʌt] 截
crosscut palm ['krøskʌt pa:m] 横切掌
crosscut with broadsword ['krøskʌt wið 'brø:dsə:d] 截刀
crotch hold [krøtʃ hould] 抱腿
crotch lift [krøtʃ lift] 抱腿摔
crouch [krautʃ] 下蹲
crouch stance [krautʃ stæns] 仆步
crouch stance pierce palm [krøtʃ stæns pi:s pa:m] 仆步穿

掌

- crouch stance stretch [krøtʃstæns stretʃ] 仆步压腿
crouch step block palm [krøtʃ step bløk pa:m] 仆步亮掌
crutch [krʌtʃ] 拐
cudgel ['kʌdʒəl] 棍
cudgel block ['dʌdʒəl bløk] 架棍

- cudgel envelopment [kʌdʒəl ɪn'velpmənt] 绞棍围攻
- cudgel parry [kʌdʒəl 'pæri] 格棍
- cudgel play [kʌdʒəl plei] 棍术
- cudgel play like a crazed spirit [kʌdʒəl plei laik ə 'kreɪzd 'spɪrit] 棍似疯魔
- cudgel shuttle [kʌdʒəl 'ʃtʌtl] 穿梭棍
- cudgel sweep [kʌdʒəl swi:p] 扫棍
- cudgel techniques [kʌdʒəl tek'ni:ks] 棍法
- cudgel vault [kʌdʒəl vo:tlt] 拉地棍
- cuff [kʌf] 拍击防守，护腕
- culture gem [kʌltʃə dʒem] 文化珍宝
- curved [kə:vəd] 划弧
- curved arm [kə:vəd ə:m] 臂部呈弧形
- Curved Bow Shoots Tiger [kə:vəd bōu ſu:ts 'taigə] 弯弓射虎
- curved walking step [kə:vəd 'wə:kɪŋ ſtep] 弧形步
- cut [kʌt] 剪，砍
- cut bridge [kʌt bridʒ] 切桥
- cut (chop) with both palm [kʌt (tʃəp):wið bouθ pa:lm] 双切桥
- cutlas [kʌtləs] 短剑，短刀

D

“dabao” [“dabao”] 大包

- “Dabei” [“dabei”] [‘dæbəi] 大悲拳
- dagger [‘dægə] 匕首
- dagger-axe [‘dægə-’æksɪ] 斧戈
- “Dahongquan” [“dahongquan”] 大红拳
- “dai” channel [“dai”] [‘dænl] 带脉
- “daimai” [“daimai”] 带脉
- dance practice [da:ns ‘præktis] 舞练
- dancing flower hands [‘da:nσn ‘fla:z hændz] 舞花手
- “danshu” [“danshu”] 胆俞
- “dantian” [“drntian”] 丹田
- dart [da:t] 镖
- dart-head [da:t-hed] 镖头
- date [deit] 日期
- “dazhui” [“dazhui”] 大椎
- deduct [di’dʌkt] 扣除
- deduct points for missed movement [di’dʌkt pɔ:nts fo: mist ‘mu:vment] 遗忘扣分
- deduction [di’dʌkʃən] 扣除
- deduction of points [di’dʌkʃən əv pɔ:nts] 扣分
- deep and natural breathing [ki:p ‘ənd ‘nætʃərəl ‘bri:ðin] 自然深呼吸
- deep breathing [di:p ‘bri:ðin] 深呼吸
- default (forgo) [di:fə:lt (fo:’gou)] 弃权
- defeat [di:fi:t] 战胜，击败
- defend effectively [di:fend i’fektivli] 有效地防守
- defender [di:fendə] 防卫者

- defense [di'fens] 防守
- defense ability [di'fens ə'biliti] 防守能力
- defense action [di'fens ækʃən] 防守动作
- defence and return [di'fens ənd ri'ta:n̩] 防守反击
- defense drill [di'fens dril] 防守练习
- defence methods [di'fens 'meθədz] 防守方法
- defense movement [di'fens 'mu:vment] 防守动作
- defense position [di'fens pə'zis̩n] 防守姿势
- defence skill [di'fens skil] 防守技巧
- defense techniques [di'fens tek'niks] 防守技术
- deflect [di'flekt] 挡
- deflect through back [ki'flekt ðru: bæk] 闪通背
- deflect with arm [di'flekt wið ə:m] 闪通臂
- deflect with cudgel [di'flekt wið 'kʌdʒəl] 拨棍
- deflecting force [di'flektiŋ fɔ:s] 挡劲
- deflecting form [di'flektiŋ fo:m] 挡式
- deflecting movement [di'flektiŋ 'mu:vment] 挡
- demonstrate ['demənstri:t̩] 示范
- demonstration ['deməns'treɪʃən] 示范
- demonstration of the movement
[deməns'treɪʃən əv ,ðə 'mu:vment] 动作示范
- describe a circle [dis'kraib ə'se:kl] 划圆
- diagram ['daiəgræm] 图, 图解
- “Diao”-School Boxing [“diao” sku:l 'bəksin̩] 刁家教
- “dicang” [“dicang”] 地仓
- different classes ['diferənt 'kla:sɪs] 不同级别

- different in style [ˈdɪfərənt in stil] 风格不同
different styles [ˈdɪfərənt stilz] 不同风格
difficult to ward off [ˈdɪfɪkəlt tuː wɔːd əf] 难以招架
diploma [dɪˈploumə] 奖状, 证书
direct attack [dɪˈrekt ətæk] 直接进攻
direct chop [dɪˈrekt tʃɒp] 直接劈
direct thrust [dɪˈrekt θrust] 直接刺
disabled [dɪˈseibld] 失去比赛能力
discontinue [ˈdɪskənˌtinju(,:)] 停止
display points [dɪsˈplei pɔɪnts] 示分
disqualify [dɪsˈkwəlifai] 取消比赛资格
distinct [dɪsˈtɪŋkt] 独特的
distinctive feature [dɪsˈtɪŋktiv fiːtʃə] 独具特色
distribution of prizes [dɪstriˈbjuːʃən əv praiziz] 颁发奖品
“Ditangquan” [“ditangquan”] 地躺拳
dive and press [daiv ænd pres] 扑虎
dive like a fish [daiv laik ə fis] 鱼跃
diverse fist techniques [daiˈvɛ:s fist tekˈni:ks] 拳法多变
Diving Swallow [‘daivɪŋ ‘swələʊ] 燕子抄水
division [diˈviʒən] 分级(体重)
dizzy [‘dizi] 头部被击后站立不稳
Do this repeatedly /alternately/
[du: ðis riˈpl:tidli / ə:l’tə:nitli] 如此反复, 轮换做
dodge [dədʒ] 躲闪
dodge to the left [dədʒ tuː ðə left] 左闪

dodge to the right [dədʒ tu ðə rait] 右闪
dodging and riposte methods

[dədʒɪŋ ænd ri'poust 'meθədz] 闪躲还击法

Dog Style Boxing [dəg stail 'bəksɪŋ] 狗拳

double arms circle ['dʌbl ə;mz 'sə;kɪl] 双臂绕环

double attack ['dʌbl e'tæk] 互击，连击

Double Battle-axes ['dʌbl 'baetl-'æksɪs] 子母毒鸳钺

double bow stance ['dʌbl bou stæns] 双弓步

double broadswords ['dʌbl 'brɔ:dsə:dz] 双刀

Double Broadswords Versus Spear

[dʌbl 'brɔ:dsə:dz 'və:səs spiə] 双刀进枪

double butterfly stance ['dʌbl 'bʌtəflai stæns] 双蝶步

double changing palm ['dʌbl 'tʃeindʒɪŋ pa:m] 双换掌

double crutches ['dʌbl 'krʌtsɪz] 双拐

double daggers ['dʌbl 'dægəz] 双匕首

double daggers vs. spear ['dʌbl 'dægəz 'və:səs spiə] 双匕

首进枪

double-finger hand-stand ['dʌbl-'fɪŋgə hænd-stænd] 二指
禅

double fold stance ['dʌbl fould stæns] 双蝶步

double forks ['dʌbl fo:ks] 双叉

double grip ['dʌbl grip] 双手抓握

double-halberd dance ['dʌbl-'hælbə(:)d da:n̩s] 双戟舞

double halberds ['dʌbl 'hælbə(:)dz] 双戟

double handed broadswords ['dʌbl 'hændid 'brɔ:dsə:dz]

双手刀

double-handed exercise in fixed steps

[dʌbl-hændid 'eksəsaɪz ɪn fɪkst steps] 定步双推手
double handed sword (play) [dʌbl 'hændid sɔ:d (pleɪ)]

双手剑(术)

double-handed whip figure-8

[dʌbl-hændid hwip 'fɪgə-eɪt] 双手舞花鞭

double hits [dʌbl hits] 连击

double-hooks [dʌbl-hʊks] 双钩

double jumping front kick [dʌbl 'dʒʌmpɪŋ frənt kɪk] 腾空
仰身前踹

double-leg drop [dʌbl-leg drɒp] 抱双腿摔

double-leg hold pick-up [dʌbl-leg hould pik-ʌp] 抱双腿摔

double-leg tackle [dʌbl-leg 'tækl] 抱双腿摔

double long-eared swords [dʌbl ləŋ-'eəd sɔ:dz] 长穗双剑

double maces [dʌbl meɪsɪz] 双锏

double rapiers [dʌbl 'reɪpiəz] 双剑

double staffs [dʌbl sta:fs] 双棍

double swords [dʌbl sɔ:dz] 双剑

double two-headed spears [dʌbl tu:-'hedid spiəz] 双头双枪

double-headed staff [dvbl-'hedid sta:f] 双头棍

double weapons [dʌbl 'wepənz] 双器械

double whips [dʌbl hwips] 双鞭

double wristlock [dʌbl 'ristlək] 双手抓腕

down [daun] 向下

downward [daʊnwed] 向下, 向下的

downward chop [daʊnwed tʃəp] 下劈

- downward chop in bow step [daunwəd tʃap in:bou step] 弓步下砍
- downward parry with sword [daunwəd pəri wið:so:d] 下挂剑
- downward plunge fist [daunwəd pləndʒ fist] 裁拳
- downward plunge punch [daunwəd pləndʒ.pantʃ] 裁拳
- downward slice with spear [daun wəd slais wið spiə] 劈枪
- downward strike cudgel [daunwəd straik 'kʌdʒəl] 劈棍
- drag [dræg] 牵，拖
- drag broadsword [dræg 'brɔ:dsə:d] 拖刀
- drag spear [dræg spiə] 拖枪
- dragging step [drægin step] 拖步
- Dragon Dives to the Ground [drægen daivz tu ðə'graund] 雀地龙
- Dragon Exercise [drægen 'eksəsaiz] 龙形
- Dragon Pulls In Its Tail [drægen pulz in:ts teil] 苍龙缩尾
- dragon-riding stance [drægen-'raidiŋ stæns] 骑龙步
- dragon-riding step [drægen-raidiŋ step] 骑龙步
- Dragon Rises and Falls Form [drægen 'raiziz ænd fo:ls fə:m] 龙形起落式
- Dragon Sabre Play [drægen 'seibə plei] 龙形刀
- Dragon Style Boxing [drægen stil 'boksɪŋ] 龙形拳
- Dragon Sword Play [drægen so:d plei] 龙形剑
- draw [drɔ:] 拉，收，抽

- draw back [drə:bæk] 后退，抽回
- draw chest in [drə:tʃest in] 含胸
- draw hips in [drə:hips in] 收胯
- draw (in) [drə:(in)] 留空当以引诱对方出拳
- draw in [drə:in] 收腹
- draw left (right) fist back to waist-side
[drə:left (rait) fist bæk tu weist-said] 左(右)拳收回腰际
- draw lots [drə:lots] 抽签
- drawing circles ['drə:in 'sə:klz] 画圈子(又称“搭四手”)
- drill fist [dril fist] 钻拳
- drive with rear leg [draiv ðə riə leg] 后腿蹬地
- drop-away [drəp-e'wei] 转体弯腰闪躲
- drop elbow [drəp 'elbou] 垂肘，坠肘
- drop head in defence [drəp hed in di'fens] 低头防守
- drop hips [drəp hips] 沉胯
- drop shift [drəp sift] 变换步法移动身体重心
- drop shoulders [drəp 'souldəz] 沉肩
- drop shoulders and elbows [drəp 'souldəz and 'elbouz] 沉肩坠肘
- drop waist [drəp weist] 塌腰
- dropping into the splits ['drəpɪŋ intu ðə splits] 跌叉
- drunk in appearance but not in truth
[drʌŋk in ə'pierens bʌt nət in tru:θ] 似醉非醉
- Drunken Boxing ['drʌŋkən 'boksɪŋ] 醉拳
- Drunken Cudgelplay ['drʌŋkən 'kʌdʒəlpleɪ] 醉棍

Drunken Swordplay [drʌŋkən 'sɔ:dplei] 醉剑

“du” channel [“du” tʃænl] 督脉

duck [dʌk] 下蹲闪躲

Duck Style Boxing [dʌk stil 'boksɪŋ] 鸭形拳

duel ['dju:(l)əl] 对练

“dushu” [“sudhu”] 督俞

dynamic and static, fast and slow

[dai'næmɪk ænd 'stætɪk; fa:st ænd slou] 动静疾徐

E

Eagle Claw Boxing [i:gł kłɔ: 'boksɪŋ] 鹰爪拳

eagle-claw exercise [i:gł-kłɔ: 'eksəsaɪz] 鹰爪功

eagle's claw [i:głz kłɔ:] 鹰爪

eagle's-claw hand [i:głz-kłɔ: hænd] 鹰爪手

ear [iə] 耳

ease of movement [i:z əv 'mu:vment] 动作自如

edge of blade [edʒ əv bleid] 刀刃

edge of sword [edʒ əv sɔ:d] 剑刃

eight diagrams [eit 'daɪəgræmz] 八卦

Eight-diagrams Broadswordplay

[eit-'daɪəgræmz 'brə:dso:dplei] 八卦刀

Eight Diagrams Free Fighting (combat art)

[eit 'daɪəgræmz fri: 'faitiŋ ('kɒmbət ɑ:t)] 八卦散手

Eight Diagrams Linked Palm [eit 'daɪəgræmz lɪŋkt pa:m]

八卦连环掌

Eight Diagrams Palm (Boxing)

[eit 'daɪəgræmz pa:m ('bəksɪŋ)] 八卦掌(拳)

Eight Directions Boxing [eit di'rekʃənz 'bəksɪŋ] 八方拳

eight extraordinary channels [eit iks'trɔ:dɪnəri tʃənlz] 奇

经八脉

Eight Extremes Boxing [eit iks'tri:mz 'bəksɪŋ] 八极拳

eight extremities [eit iks'tremitiz] 八极

Eight-Gate Boxing ['eit-geit 'bəksɪŋ] 八门拳

Eight Immortals Swordplay [eit i'mɔ:tlz 'sɔ:dplei] 八仙剑

eight techniques [eit tek'ni:ks] 八法

eight trigrams [eit 'traigræmz] 八卦

Eight Trigrams Broadswordplay

[eit 'traigræmz 'brɔ:dsɔ:dplei] 八卦刀

Eight Trigram Palm [eit 'traigræmz palm] 八卦掌

Eighteen-arhat Boxing [ei'ti:n-a:het 'bəksɪŋ] 十八罗汉拳

elasticity [,elə'stisiti] 弹性，灵活性

elbow ['elbou] 肘

elbow bent ['elbou bent] 屈肘

elbow block ['elbou blək] 架肘

elbow blow ['elbou blou] 肘击

elbow butt ['elbou bʌt] 顶肘

elbow down ['elbou daun] 垂肘

elbow guard ['elbou ga:d] 护肘

elbow lock ['elbou lok] 锁肘

elbow-lock strangle hold throat

[elbou-lək 'stræŋgl hould θrout] 锁肘封喉

elbow out [elbou aut] 抬肘

elbow pad [elbou pæd] 护肘

elastic-shaking force [i'læstik 'seikin fɔ:s] 弹抖力

elbow slightly bent [elbou 'slaitli bent] 肘微屈

elbow strike [elbou straik] 撞肘

elbow techniques [elbou tek'ni:ks] 肘法

elbow to the side [elbou tu ðə said] 侧顶肘

elbow to the heart [elbou tu ðə ha:t] 穿心肘

elbowing [elbouɪŋ] 肘法

element (of movement) [el'ment (əv 'mu:vment)] 单个动作

elementary tactics [eli'mentəri 'tæktiks] 基本战术

eliminate [i'limineit] 淘汰

elude [i'lu:d] 闪躲

"emei" daggers ["emei" 'dægəz] 峨嵋刺

"Emei" Mountains ["emei" 'mauntinz] 峨嵋山

"Emei" Power Boxing ["emei" paʊə 'bəksɪŋ] 峨嵋功力拳

"Emei" School ["emei" sku:l] 峨嵋派

"Emei" School Boxing ["emei" sku:l 'bəksɪŋ] 峨嵋拳

"Emei" Six Comformities Boxing

[“emei” siks kən'fə:mitiz 'bəksɪŋ] 峨嵋六合拳

emptiness [‘emptinis] 虚

empty [‘empti] 虚

empty step [‘empti step] 虚步

empty step block palm ['empti step blək pə:m] 虚步亮掌

empty step snap palm ['empti step snæp pa:m] 虚步挑掌

end coil [end koil] 绞把

end of cudgel [end əv 'kʌdʒəl] 棍把

end of spear [end əv spiə] 枪把

end smash [end smæʃ] 劈把

end tilt [end tilt] 挑把

endurance training [in'djuərəns 'treinin] 耐力训练

energy consumption ['enədʒi kən'sʌmpʃən] 能量消耗

energy stream ['enədʒi stri:m] 内气

energy stream flows to “dantian”

[‘enədʒi stri:m flouz tu “dantian”] 气沉丹田

enter court ['entə kɔ:t] 出场，上场

enter in (for) ['entə in (fɔ:)] 报名参加

entrance ['entrəns] 进场，入口

entry blank ['entri blænk] 报名表

envelopment with spear [in'veləpmənt wið spiə] 绞枪

envelopment with sword [in'veləpmənt wið so:d] 绞剑

error ['erə] 错误

essential exercises [i'sensəl 'eksəsaiziz] 基础练习，基本

功练习

European “Wushu” Federation

[juərə'pi(,:)ən “wushu” ,fedə'reiʃən] 欧洲武术联合会

evade [i'veid] 逃避，躲避

event [i'vent] 项目

evaluation standards [i'væljju'eisən 'stændədz] 评分标准
exchange meeting [iks'tʃeindʒ 'mi:tɪŋ] 交流会
exchange of experience [iks'tʃeindʒ əv iks'piəriəns] 经验
交流

exchange of techniques [iks'tʃeindʒ əv tek'niks] 技术交流
exercise in fixed steps ['eksəsaiz in fikst steps] 定步练习
exercise in locomotion ['eksəsaiz in ,loukə'mouʃən] 行进
·间练习

exert force [ig'zə:t fo:s] 用力

exhale [eks'heil] 呼气

exhale forcefully [eks'heil fo:sfuli] 用力呼气

exhibition competition [eks'bɪʃən kəmpɪ'tɪʃən] 表演赛

exhibition event [eks'bɪʃən i'vent] 表演项目

exit ['eksit] 退场

expert level boxing ['ekspə:t 'levl 'bəksɪŋ] 甲组拳

explain [iksp'lein] 讲解

explain and demonstrate [iksp'lein ænd 'demonstreɪt] 讲
解与示范

explosive breathing [iks'plousiv 'bri:ðɪŋ] 爆发式呼吸

explosive force [iks'plousiv fo:s] 寸劲，爆发力

extend [iks'tend] 伸展

extend shoulder (forward) [iks'tend 'souldə ('fɔ:wəd)] 伸
肩

extended balance [iks'tendid 'bæləns] 持久性平衡

extensive training [iks'tensiv 'treɪniŋ] 广泛训练

external exercise [eks'tə:nl 'eksəsaiz] 外功

external three conformities [eks'tə:nl θri: kən'fɔ:mitiz]

外三合

extra movement ['ekstrə 'mu:vment] 附加动作

eye [ai] 眼睛

eye of fist [ai əv fist] 拳眼

eye technique [ai tek'ni:k] 眼法

eye work [ai wə:k] 眼法

eyes follow both palms [aiz 'fəlou bouθ pa:mz] 眼睛随视

双掌

eyes follow sword [aiz 'fəlou sə:d] 眼随剑走

eyes like lightening [aiz laik 'laitniŋ] 眼似闪电

eyes look at [aiz look ət] 目视.....

eyes look straight forward [aiz luk streit 'fɔ:wəd] 眼向前

平视

eyes look to [aiz luk tu] 眼看.....方向

eyes looking at opponent [aiz 'lukɪŋ ət ə'pounənt] 眼看

对方

eyes on opponent [aiz ən ə'pounənt] 眼看对方

Eyebrow-level Staff Play ['aibrau'-levl sta:f plei] 齐眉棍

F

face [feis] 脸

face mask [feis ma:sk] 面罩

- face of fist [feis əv fist] 拳面
- face to face [feis tu feis] 面对面
- facing each other [feisɪŋ eitʃə] 面对面; 相对
- Fair Lady Works at the Shuttle 玉女穿梭
- fake [feik] 假动作
- fake blow [feik blou] 虚击
- falchion [fə:ltsjən] 青龙刃; 偃月刀
- fall (down) [fə:l (daun)] 倒地
- fall onto the ground [fə:l əntu ðə graund] 摔倒在地
- false attack [fa:ls ə'tæk] 假攻
- Fan Through the Back [fæn θru: ðə bæk] 扇通背
- “Fanzi” Boxing [“fanzi” b'oksɪŋ] 翻子拳
- far side [fɑ:z said] 远侧
- favourable position [feivərəbl pə'zɪʃən] 有利位置
- featherweight [feðəweit] 次轻量级
- feel of the movement [fi:l əv ðə 'mu:vment] 动作感觉
- feeler ['fi:lə] 左直拳
- feet apart and parallel [fi:t ə'pa:t ænd 'pærəlel] 两脚平行
开立
- feet shoulder-width apart [fi:t 'souldə-widθ ə'part] 两脚
分开与肩同宽
- feign attack [fein ə'tæk] 佯攻
- feint [feint] 假动作
- feint to the east and punch from the west
[feint tu ði: i:st ænd pənts frəm ðə west] 声东击西

femur [‘fi:mə] 股骨
fend off [fend əf] 挡开
fend off opponent’s blow. [fend əf ə’ponentz ‘blou] 挡开对方击打

“**fengchi**” [“fengchi”] 风池
“**fengfu**” [“fengfu”] 风府
“**fengmen**” [“fengmen”] 风门

Ferocious Tiger Races Down the Mountain

[fe’rous̩s ‘taigə ’reisis daun ðə ‘mauntin] 猛虎下山
fibula [‘fibjule] 腓骨
field of “**Wushu**” [fi:dl əv “wushu”] 武术领域
fifth place [fifθ pleis] 第五名
fight against an imaginary opponent

[’faɪt ə’geinst ən i’mædʒɪnəri ə’pounənt] 想象性格斗对练
fight hand to hand [faɪt hænd tu hænd] 短兵相接
fighting arts [’faɪtiŋ ə:ts] 格斗术
fighting distance [’faɪtiŋ ’distəns] 战距
fighting skill [’faɪtiŋ skil] 格斗技巧(术)
fighting tactics instruction [’faɪtiŋ ’tæktiks ins’trʌkʃən]
战术指导

fighting tactics training [’faɪtiŋ ’tæktiks ’treinɪŋ] 战术训练
figure-8 with cudgel [’figa-əit wið ‘kʌdʒəl] 舞花棍
fill in [fil in] 填写
final placings [’fainl ’pleisɪŋz] 决赛名次
final results [’fainl ri’zalts] 决赛成绩

- finals [fainlz] 决赛
- finals qualification ['fainlz kwɔ:lifi'keiʃən] 取得决赛权
- finger ['fingə] 手指
- finger technique ['fingə tek'nɪ:k] 指法
- finger tip ['fingə tip] 指尖
- finger work ['fingə wə:k] 指法
- finish at the same time ['finis ət ðe seim taim] 同时完成
- finishing form ['finiʃɪŋ fo:m] 收式
- Fire-Dragon Boxing [faɪə-'drægən 'boksɪŋ] 火龙拳
- firm [fə:m] 沉稳
- firm and stable [fə:m ænd 'steibl] 刚健沉稳
- first category [fə:st 'kætigəri] 第一类
- first class judge [fə:st kla:s dʒʌdʒ] 一级裁判员
- first class routines [fə:st kla:s ru:tɪ:nz] 甲组套路
- first closing [fə:st 'lkouziŋ] 初收
- first court [fə:st kɔ:t] 第一场地
- first place [fə:st pleɪs] 第一名
- fist [fist] 拳
- fist and shoulder in a straight line
[fist ænd 'souldə in ə streit lain] 拳和肩在一条直线上
- fist-fighting methods [fish't faɪtɪŋ 'meθədz] 拳法
- fist form [fist fə:m] 拳势握姿，拳形
- fist of defence [fist əv di'fens] 底身捶
- fist techniques [fist tek'nɪ:ks] 拳法
- fist under elbow [fist 'ʌnda 'elbou] 肘底看捶
- fist with palm facing downward

[fist wið pa:m 'feisij 'daunwæd] 平拳
fist with thumb side up [fist wið θʌm said ʌp] 立拳
fistfight ['fistfaɪt] 手搏
fistfighting exercise ['fistfaɪtɪŋ 'eksəsaɪz] 徒手练习
fists hitting like meteors [fists 'hitɪŋ laik 'mi:tjəz] 拳似流星

Five Elements Boxing [faiv 'elɪmənts 'boksɪŋ] 五行拳
Five Elements Linked Boxing [faivi 'elɪmənts lɪŋkt 'boksɪŋ]
五行连环拳

five elements (metal, wood, water, fire and earth)
[faiv 'elɪmənts ('metl, wud, 'wɔ:tə, faie ænd ə:θ)] 五行
(金，木，水，火，土)

Five Stances Boxing [faiv 'stænsɪs 'boksɪŋ] 五步拳
Five-Star Hammer Boxing [faiv-sta: 'hæmə 'boksɪŋ] 五星
捶

Five-Tiger Boxing [faiv-'taigə 'boksɪŋ] 五虎拳
Five-Tiger Spearplay [faiv-'taigə 'spiəplei] 五虎枪
fixed method ['fikst 'meθəd] 固定方法

fixed position ['fikst pə'zɪʃən] 定势
flash [flæʃ] 晃

flail [fleɪl] 鞭打，掸
flail fist [fleɪl fist] 鞭拳

flail hand [fleɪl hænd] 鞭手
flash palm ['flæʃ pa:m] 亮掌

flash palm in high empty step
[flæʃ pa:m in hai 'empti step] 高虚步亮掌

flash palm in seated step [flæʃ pə:m in 'si:tid step] 步亮掌

掌

flash the arm [flæʃ ə:m] 闪通臂

flash through back [flæʃ θru: bæk] 闪通背

flat-footed [flæt-'futid] 措手不及

flex foot [fleks fut] 勾脚

flexibility [,flek'sə'biliti] 灵活性，柔韧性

flexible body and light footwork

['fleksəbl 'bədi ænd lait 'futwə:k] 身灵步轻

flexible leg ['fleksəbl leg] 下肢灵活

flexible swift body and footwork

['fleksəbl swift 'bədi ænd 'futwə:k] 身灵步活

flexion and extension leg techniques

['fleksjən ænd iks'tenʃən leg tek'ni:ks] 屈伸性腿法

flick [flik] 崩

Fling Sleeves Against Wind [flɪŋ sli:vz ə'geinst wind] 迎风挥袖

fling [flɪŋ] 挥

flip over back [flip 'ou've bæk] 背摔

float up [flout ʌp] 上浮

floor-skill [,flo:-skil] 地躺技法

Floor-Skill Boxing [fɔ:-skil 'boksɪŋ] 地躺拳

Flower Boxing ['flauə 'boksɪŋ] 花拳

flowing movement ['flouɪŋ 'mu:vment] 动作绵绵不断

fluid movements ['flu(:)id 'mu:vments] 动作流畅

flying double front kick ['flaiɪŋ 'dbl frənt kik] 腾空仰身

飞 前端 [fai̯iŋ t̬ən] 飞脚
flying double kick ['fai̯iŋ 'dʌbl kik] 双飞脚
flying double kick to the side ['fai̯iŋ 'dʌbl kik tu ðə said]
腾空双侧踹

flying foot kick ['fai̯iŋ fut kik] 飞脚
flying fork ['fai̯iŋ fo:k] 飞叉
flying hook [[fai̯iŋ 'huk] 飞钩
flying lotus kick ['fai̯iŋ 'loutes kik] 腾空摆莲
Flying Oblique ['fai̯iŋ ə'bli:k] 斜飞式
Flying-rainbow Swordplay ['fai̯iŋ-'reinbou:f ə:dpleɪ] 飞虹剑

flying seissor-legs ['fai̯iŋ 'sizə-legz] 腾空剪腿
focus of power [foukəs əv 'paue] 力点
fold like a bow {feild laik ə 'bou} 折如弓
folding force ['fouldiŋ fo:s] 折迭劲
“Fohanquan” [{"fohanquan"}] 佛汉拳
follow me ['felou mi:] 跟我做
follow (opponent's) oncoming force
['felou (ə'pounənts) ən'kamij fo:s] 顺对方的来势

following-the-punch hold ['felouɪŋ-ðə-pʌntʃ hould] 顺手
牵羊

foot pivot [fut 'pivət] 以脚为轴转身
foot-shift [fut-ſift] 换步
foot turned inward [fut tə:nd 'inwəd] 脚内扣
foot turned outward [fut tə:nd 'əutwəd] 脚外展
footwork ['futwə:k] 步法

Footwork Exercise Boxing [’futwə:k ’eksəsaiz ’bɔksɪŋ] 练

步拳

force heavy like iron [fɔ:s ’hevi laik ’aiən] 重如铁

force is focussed at.... [fɔ:s iz ’foukəst et....] 力达.....部位

force point [fɔ:s pɔint] 力点

force of inertia [fɔ:s əv i’na:ʃiə] 惯性力

force originates in back, flows through shoulders and elbows
and reaches hands.

[fɔ:s ə’ridʒineits in bæk, flouz θru: ’souldəz ænd ’ellbowz
ænd ’ri:tʃiz hændz] 力从背发，通于肩、肘，达于手。

forceful [’fɔ:sful] 刚劲有力的

forceful and accurate [’fɔ:sful ænd ’ækjurit] 准确有力

forearm [’fɔ:ra:m] 前臂

forearm block [’fɔ:ra:m blək] 前臂阻挡

forefinger [’fɔ:fingə] 食指

forehead [’fɔ:rid] 前额

forget [fə’get] 遗忘

Form-and-Will Boxing [fɔ:m-ænd-wil ’bɔksɪŋ] 形意拳

fork [fɔ:k] 叉

Forty-Eight-Form “Taijiquan”

[’fɔ:ti-eit-fɔ:m “taijiquan”] 四十八式太极拳

forward [’fɔ:wəd] 向前

(forward) cross-legged balance [(’fɔ:wəd) krəs-legd ’bæləns]

盘腿平衡

forward giant leap [’fɔ:wəd ’dʒaiənt li:p] 大跃步前穿

- forward jump step [fɔ:wəd dʒʌmp step] 前跳步
forward-left [fɔ:wəd-left] 左前方
forward-right [fɔ:wəd-right] 右前方
forward roll [fɔ:wəd roul] 前滚翻
forward step [fɔ:wəd step] 进步
forward thrust to chest [fɔ:wəd θrəst tu tʃest] 正面刺胸
forward trick [fɔ:wəd trik] 前招
foul [faʊl] 犯规
foul blow [faʊl blou] 犯规拳
(foul-proof) cup [(faʊl-pru:f) kʌp] 护裆
founder ['faundə] 创始人
four blows [fɔ: blouz] 四击
four strikes [fɔ: straiks] 四击
four-to-six stance [fɔ:-tu-siks stæns] 四六步
fourth category [fɔ:θ 'kætigəri] 第四类
fourth place [fɔ:θ pleis] 第四名
free combat [fri: 'kəmbat] 自由搏击(散手)
free fighting [fri: 'faɪtɪŋ] 自由搏击(散手)
free-hand [fri:-hænd] 散手
free-hand exercise [fri:-hænd 'eksəsaɪz] 散手练习
free moving steps [fri: 'mu:vɪŋ steps] 活步
(free) sparring [(fri:) 'spa:riŋ] 散打
friendship match ['frendʃip mæts] 友谊赛
from relaxation to softness [frəm ,rɪlæk'seisən tu 'səftnis]
由松入柔
from simple to complicated [frəm 'simpl tu 'kəmplikeitid]

由简到繁

front cross kick [frʌnt krəs kik] 十字踢腿

front cross-step [frʌnt krəs-step] 盖步

front cross-step jump [frʌnt krəs-step dʒʌmp] 盖跳步

front kick [frʌnt kik] 正踢腿

front-left ['frʌnt-left] 左前方

front leg press [frʌnt leg pres] 正搬腿

front (leg) stretch [frʌnt (leg) stretʃ] 正压腿

front (leg) sweep [frʌnt (leg) swi:p] 前扫腿

front-right ['frʌnt-raɪt] 右前方

front slap kick [frʌnt slæp kik] 单拍脚

front splits [frʌnt splits] 横叉

front straight body drop [frʌnt streit 'bədi drəp] 裁碑

front sweep [frʌnt swi:p] 前扫

“Fujian” Southern Style Boxing

[“fujian” 'sʌðən stail 'boksɪŋ] 福建南拳

full points [ful pɔɪnts] 满分

full score [ful skɔ:] 满分

full squat [ful skwət] 全蹲

fully extended ['fuli iks'tendid] 充分伸展

fundamental fist techniques [fʌndə'mentl fist tek'ni:ks] 基本拳法

fundamental position [fʌndə'mentl pə'zɪʃən] 基本姿势

fundamental stance [fʌndə'mentl stæns] 基本站立姿势

fundamentals [fʌndə'mentlz] 基本功

G

“ganshu” [“ganshu”] 肝俞

gasp [ga:sp] 喘气

general fitness training ['dʒenərəl 'fitnis 'traɪnɪŋ] 一般素质
训练

gentle arm ['dʒentl ə:m] 上肢松柔

“geshu” [“geshu”] 脐俞

giant leap ['dʒaɪənt li:p] 大跃步前穿

give a straight blow forward with left fist

[giv ə streit blou 'fə:wəd wið left fist] 左拳向前冲击

give up [giv ʌp] 弃权

glide [glaid] 滑进攻击

go down [gou daun] 被击倒

gold medal [gould 'medl] 金牌

Golden Cock Crows at Dawn ['gouldən kək krouz ət də:n]

金鸡报晓

Golden Cock Mounts Perch ['gouldən kək maunts pə:tʃ]

金鸡上架

Golden Cock Pecks at Rice ['gouldən kək peks ət rais] 金
鸡食米

Golden Cock Ruffles Feathers ['gouldən kək 'rʌflz 'feðəz]
金鸡抖翎

Golden Cock Stands on One Leg

[‘gouldən kək stændz ən wʌn leg] 金鸡独立

“gong-fu” [“gong-fu”] 功夫

good timing [gud ‘taimɪŋ] 及时

grab [græb] 搂，抓，握

grab hands [græb hændz] 搂手

graggy [‘grægi] 头部被击中后站立不稳

grapevine leg [‘greipvain leg] 缠腿

grapple [‘græpl] 抓，拿，抢手

grasp [gra:sp] 抓，握

Grasp the Peacock’s Tail [gra:sp ðə ‘pi:kəks teɪl] 捞雀尾

grasping the ground with toes

[‘gra:spinj ðə graund wið touz] 足趾抓地

grip fingers and break wrist [grip ‘fɪŋgəz ænd breik rɪst] 捏指折腕

grip fingers and break wrist

groin [grɔɪn] 背部，阴部

Ground Boxing [graund ‘boksɪŋ] 地躺拳

group event [gru:p i’vent] 集体项目

group exercise [gru:p ‘eksəsaɪz] 集体练习

“Guangdong” Southern Style Boxing

[“guangdong” ‘sʌðən stail ‘boksɪŋ] 广东南拳

“guanyuan” [“guanyan”] 关元

guard [ga:d] 防守

guard of broadsword [ga:d əv ‘bro:dsə:d] 刀盘(护手)

Gun-Hammer Boxing [gʌn-’hæmə ‘boksɪŋ] 炮捶

H

hack [hæk] 砍

hack palm [hæk pa:m] 劈掌

hack sword in bow step [hæk sə:d in bou step] 弓步劈剑

hack with broadsword [hæk wið 'brɔ:dsə:d] 砍刀

hack with sword [hæk wið sə:d] 劈剑

hair [heə] 头发

halberd / halbert ['hælbə(:)d / 'hælbə(:)t] 戟

half-kneeling step [ha:f-'niliŋ step] 拐步

half squat [ha:f skwə:t] 半蹲

halt [hə:lt] 停

hammer strike (smash) ['hæmə straik (smæʃ)] 碰拳

hammerlock ['hæmələk] 锁臂

hand clap [hænd klæp] 掌击

hand form [hænd fɔ:m] 手型

hand form and hand technique exercise

[hænd fɔ:m ænd hænd tek'ni:k 'eksəsaiz] 手型手法

练习

hand guard [hænd ga:d] 护手盘

hand stand [hænd stænd] 手倒立

Hand Strums the Lute [hænd strʌmz ðə lju:t] 手挥琵琶

hand techniques [hænd tek'ni:ks] 手法

handle of sword [hændl əv sə:d] 剑柄

handle of whip [hændl əv hwip] 鞭把

hands like arrows [hændz laik 'ærouz] 手似箭

hands like eagle's talons [hændz laik 'l:głz 'tælənz] 手似鹰爪

hands on hips [hændz ən hips] 双手叉腰

Hands protecting oneself like two doors, relying entirely on one's leg to beat the opponent.

[hændz prə'tekitŋ wʌn'self laik tu: də:z, ri'laiŋ in'taiəli ən wʌnz leg tu bi:t ði: ə'pounənt] 手似两扇门，全凭腿打人。

handshake-and-circle hold [hændʃeik-ænd-'sə:kl hould]
握手圈擒

handshake hold [hændʃeik hould] 握手擒拿

handstand [hændstænd] 手倒立

hard exercise [ha:d 'eksəsaiz] 硬功

Hard School Boxing [ha:d sku:l 'boksɪŋ] 硬门拳

hard whip [ha:d hwip] 硬鞭

hardness and softness moving in harmony

[ha:dnis ænd 'səftnis 'mu:viŋ in 'ha:məni] 刚柔相济
hardness and softness, solidity and emptiness

[ha:dnis ænd 'səftnis, sə'liditi ænd 'emptinis] 刚柔虚实

harmonious and smooth [ha:'mounjəs ænd smu:ð] 协调
连贯

harmony [ha:məni] 协调

harmony of movement [ˈha:məni əv ˈmu:vment] 动作协调

调

harmony of inside and outside

[ˈha:məni əv ˈinsaid ænd ˈaut'said] 内外协调

harrow [ˈhærəʊ] 耙

hatchet [ˈhætʃɪt] 斧

head [hed] 头

head butt [hed bʌt] 头撞

head ercet [hed i'rekt] 头正直

head judge [hed dʒʌdʒ] 总裁判

head lock [hed lɒk] 夹头

head-lock flip [hed-lɒk flip] 抱肩颈背摔

head of whip [hed əv hwip] 鞭头

head upright [hed ʌprait] 头正直

head stand [hed stænd] 头手倒立

head straight [hed ˈstreɪt] 头正直

health-building [helθ-ˈbɪldɪŋ] 健身

heart of fist [ha:t əv fist] 拳心

heavenly palace comb [ˈhevnlɪ ˈpælis koum] 宫天梳

heavy bag [ˈhevi bæg] 练习袋

heavy blow [ˈhevi blou] 重击

heavy training load method

[ˈhevi ˈtreiniŋ loud ˈmeθəd] 大运动量训练法

heavy training load phase [ˈhevi ˈtreiniŋ loud feiz] 大运动量训练阶段

heavy weapon [ˈhevi ˈwepən] 重器械

heavyweight ['heviweit] 最重量级

heel [hi:l] 脚跟

heel kick [hi:l kik] 蹬腿

heel of hand [hi:l əv hænd] 掌根

heel of rear foot off floor [hi:l əv riə fut (:):f flɔ:] 后脚拔
跟

heel raised [hi:l reizd] 拔跟

heel-up [hi:l-ʌp] 拔跟, 提踵

heels pushed out [hi:lz 'puʃt aut] 脚跟外蹬

heels outward [hi:lz 'autwəd] 脚跟外蹬

“hegu” (“hegu”) 合谷

helmet ['helmit] 头盔

hide broadsword [haɪd 'brə:dso:d] 藏刀

hide broadsword in empty stance

[haɪd 'brə:dso:d in 'empti stæns] 虚步藏刀

Hidden Traces Boxing ['hidn 'treisis 'bəksɪŋ] 秘踪拳

Hiding Tiger Boxing ['haɪdiŋ 'taigə 'bəksɪŋ] 伏虎拳

high and low attack [hai ænd lou ə'tæk] 上下攻击

high and low attack alternately

[hai ænd lou ə'tæk ə:l'te:nitli] 上下交替攻击

high empty step [hai 'empti step] 高虚步

high leg stretch [hai leg stretʃ] 高压腿

highest score ['haiist skɔ:] 最高分

hilt [hilt] (刀、剑等的)柄

hip [hip] 髋部

hip (knee, ankle) joint [hip (ni:, 'æŋkl) dʒoint] 髋(膝、踝)

关节

- hip-roll throw [hip-roul θrou] 过腿摔
hip-sabre [hip 'seibə] 腰刀
hips in [hips in] 收髋
hips lowered [hips 'louəd] 落臀，沉髋
hips relaxed [hips ri'lækst] 松胯
hips pushed forward [hips puʃt 'fɔ:wəd] 送髋
hips thrust out [hips θrʌst aut] 挺髋
hit received [hit ri'si:vd] 击中
hit target [hit 'ta:git] 击中
hit with elbow [hit wið 'elbou] 肘击
hitting power [hitin 'pauə] 打击力量
hold [hould] 抓，握，抱
hold ball with both palms
[hould bə:l wið bouθ pa:mz] 双抱掌
hold-breaking methods [hould-'breikɪŋ 'meθədz]

擒拿法

- hold broadsword [hould 'brə:dso:d] 捧刀
hold cudgel [hould 'kʌdʒəl] 抱棍
hold elbow in [hould 'elbou in] 夹肘
hold fists on hips [hould fists on hips] 抱拳
hold knee in front [hould ni: in frʌnt] 正面抱膝
hold leg in defence [hould leg in di'fens] 抱腿防
hold loosely ['hould 'lu:sli] 松握
hold on to [sould ən tu] 抓住……不放
hold spear [houl spiə] 持枪，抱枪

hold spear horizontally in semi-horse stance

[hould spiə hɔri'zəntli in 'semi-hɔ:s stæns] 半马步平持枪

hold stomach in [hould 'stʌmək in] 收腹

hold sword [hould sɔ:d] 抱剑

hold weight on left (right) foot

[hould weit ən left (rait) fut] 重心保持在左(右)脚

hold wrist [hould rist] 拿腕

holding a ball ['houldɪŋ ə bɔ:l] 抱球

Holding-and-Catching Sparring

[houdlin-ænd-'kætʃɪŋ 'spa:riŋ] 对擒拿

holding-fist salute ['houldɪŋ-fist sə'lju:t] 抱拳礼

houlding method ['houldɪŋ 'meθəd] 握法，持械方法

holding technique [houldɪŋ tek'ni:k] 拿法

home team [hounm ti:m] 主队

hook [huk] 钩，勾拳

hook elbow [huk 'elbow] 盘肘

hook foot [huk fut] 勾脚尖

hook grasp [huk gra:sp] 刁手

hook hand [huk hænd] 勾手

hook hand and blok with palm

[huk hænd ænd blok wið pa:m] 勾手亮掌

hook in defence [huk in di'fens] 勾防

hook kick [huk kik] 勾踢

hook leg [huk leg] 挂腿

hook moving like waves [huk 'mu:vɪŋ laik weivz] 钩走

浪式

hook pointing up [huk 'pɔɪntɪŋ ap] 匀尖向上

hopping step ['hɔpiŋ step] 纵步

horizontal chop palm [həri'zɔntl tʃɔp pa:m] 砍掌

horizontal circle [həri'zɔntl 'se:kl] 平圆

horizontal cut with broadsword

[həri'zɔntl kat wið 'brɔ:dsɔ:d] 斩刀

horizontal cut with sword [həri'zɔntl kat wið sɔ:d] 斩剑

horizontal force [həri'zɔntl fɔ:s] 水平力

horizontal force can break vertical force

[həri'zɔntl fɔ:s kæn breik 'və:tikəl fɔ:s] 以横破直

horizontal horse-riding stance

[həri'zɔntl hɔ:s-raidiŋ stæns] 一字马步

horizontal leg stretch [həri'zɔntl leg stretʃ] 平压腿

horizontal punch [həri'zɔntl pʌntʃ] 横拳

horizontal slice [həri'zɔntl slais] 斩

horizontal slice in bow step [həri'zɔntl slais in bou step]

弓步平斩

horizontal slice at chest [həri'zɔntl slais æt tʃest] 斩胸

horizontal slice at head [həri'zɔntl slais at hed] 斩头

horizontal strike with end of cudgel

[həri'zɔntl straik wið end əv 'kʌdʒəl] 横击把

horse step punch fist [fɔ:s step pʌntʃ fist] 马步冲拳

horse step push palm [hɔ:s step puʃ pa:m] 马步推掌

Horse Exercise [hɔ:s 'eksəsaiz] 马形

horse-riding step [hɔ:s-'raidiŋ step] 马步

However powerful a strike, it can be held off with just a tip of the finger.

[hau'evə 'paʊəfʊl ə straɪk, it kæn bi: held ə(;)f wið dʒʌst ə tip əv ðə 'fɪŋgə] 任他巨力来打我，牵动四两拨千斤。

“Hua” Boxing [“hua” ‘bəksɪŋ] 华拳

“huagai” [“huagai”] 华盖

“huantiao” [“huantiao”] 环跳

hug [hʌg] 抱住，紧抱

hug knee [hʌg ni:] 抱膝

hugging [hʌgɪŋ] 抱住对方

“huiyang” [‘huiyang”] 会阳

“huiyin” [“huiyin”] 会阴

“Hunyuan” Palm [“hunyuan” pa:m] 混元掌

I

If opponent attacks quickly react quickly, if slowly then follow him slowly.

[ɪf ə'ponent ə'tæks 'kwikli ri(:)'ækt 'kwikli, ɪf 'slouli ðen 'fəlou him 'slouli] 动急则急应，动缓则缓随。

imitate [imiteit] 模仿

Imitation Boxing [imi'teɪʃən 'bəksɪŋ] 象形拳

immediate riposte [i'mi:dʒət rɪ'poust] 及时还击

(important) points [(im'pɔ:tənt) pɔ:nts] 要领，要点
imposing manner ['mipouzɪŋ 'mænə] 气势
improper timing [im'prəpər 'taimɪŋ] 不及时
in a low (high) position [ɪn ə ləu(hai) pə'zɪʃən] 处于低(高)姿势

in an arc [ɪn ən a:k] 弧形呈
in an inferior position [ɪn ən in'fɪəriər pə'zɪʃən] 处于被动
in flight [ɪn flait] 腾空，处于腾空状态
in front of [ɪn frənt əv] 在……前面
in front of body [ɪn frənt əv 'bədi] 在体前
in good condition [ɪn gud kən'dɪʃən] 竞技状态好
in (good) time [ɪn (gud) taim] 及时，准时
in line with [ɪn laɪn wið] 和……一致。

与……在一直线上

in supine position [ɪn sju:pain pə'zɪʃən] 处于仰卧状态
inch force [intʃ fə:s] 寸劲
inch punch [intʃ pʌntʃ] 崩拳
inch punch fist [intʃ pʌntʃ fist] 崩拳
incline [ɪnk'lain] 倾斜，屈身，低头
incomplete body turn [,ɪnkəm'pli:t 'bədi tə:n] 转体不充分
incomplete routine [,ɪnkəm'pli:t ru:t'i:n] 没有完成套路
inconformity [,ɪnkən'fɔ:miti] 不一致
incoordination [,ɪnkou'ɔ:di'neiʃən] 不协调
index finger ['indeks 'fingə] 食指
indirect attack [indi'rekt ə'tæk] 间接进攻
individual champion [,indi'vidjuəl 'tʃæmpjən] 个人冠军

- individual coaching [indi'vidjuəl 'koutſiŋ] 个别辅导
ineffective [ini'fektiv] 落空
inertia [i'nə:ʃiə] 惯性，惯量
inferior [in'fiəriər] 背势
inferior position [in'fiəriər pə'ziʃən] 背势
infighting ['infaitiŋ] 近战
inhale [in'heil] 吸气
initiative [ini'siativ] 主动权，主动
inner ankle ['inə 'æŋkl] 内踝
inner power ['inə 'paʊə] 内劲，内力
inner side ['inə said] 内侧
inner strength and sensitivity ['inə streŋθ ænd ,sensi'tiviti]
 内功
inner thigh ['inə θai] 大腿内侧
Inquiring Bixing [in'kwaiərin 'bəksiŋ] 问津拳
insert [in'se:t] 插入
insert leg behind (opponent)
 [in'se:t leg bi'haind (ə'pounənt)] 后插
insert leg in defence [in'se:t leg in di'fens] 插腿防守
inside ['in'said] 内侧
inside crescent kick ['in'said 'kresnt kik] 里合腿
inside crotch hold ['in'said krɔtʃ hould] 内侧抱腿
inside kick ['in'said kik] 里合腿
inside parry ['in'said 'pæri] 内侧格挡
inside slap crescent kick ['in'said slæp 'kresnt kik] 里合
 拍脚

- inspector [in'spektə] 检查员
instep ['instep] 脚内侧
Institute of "Taijiquan" ['institju:t əv "taijiquan"] 太极拳学院
instruction methods [in'strʌkʃən 'meθədz] 教法
instructional materials [in'strʌkʃənl mæ'tiəriəlz] 教材
instructor [ins'trʌktə] 讲师, 教练
integration of elbows and knees
[inti'greiʃən əv 'elbouz ænd ni:z] 肘与膝合
integration of hands and feet
[inti'greiʃən əv hændz ænd fi:t] 手与脚合
integration of mind and will [inti'greiʃən əv maind ænd wil]
心与意合
integration of shoulders and hips
[inti'greiʃən əv 'souldəz ænd hips] 肩与胯合
integration of vital energy and strength
[inti'greiʃən əv 'vaitl 'enədʒi ænd strenθ] 气与力合
integration of will and vital energy
[inti'greiʃən əv wil ænd 'vaitl 'enədʒi] 意与气合
intense concentration [in'tens ,kənsən'treisən] 全神贯注
intensive training [in'tensiv 'treinin] 强化训练(大强度训练)
intention [in'tenʃən] 意图
intercept [,intə(:)'sept] 截
intercept (block) with end of cudgel
[intə(:)'sept (blək) wið end əv 'kʌdʒəl] 截把

- intercept bridge [intə(:)sept 'bridʒ] 截桥
intercept with broadsword [intə(:)sept wið 'brɔ:dsɔ:d] 截刀
intercept with sword [intə(:)sept wið sɔ:d] 截剑
intercostal space [intə(:)kəstl speis] 肋间隙
Intermediate (class) Routine
[intə(:)mi:dʒət (klɑ:s) ru:tɪ:n] 乙组套路
intermission [intə(:)mɪʃən] 间息
internal exercise [in'tə:nl 'eksəsaɪz] 内功
internal three conformities [in'tə:nl θri: kən'fɔ:mitɪz] 内三合
International "Wushu" Federation
[intə(:) 'næʃənl "wushu" ,fedə'reiʃən] 国际武术联合会
International "Wushu" Organization
[intə(:) 'næʃənl "wushu" ,ɔ:gənai'zeiʃən] 国际武术组织
intertwining leg [intə(:)twainɪŋ leg] 缠腿
interval training ['intəval 'treiniŋ] 间歇训练
invalid hit [in'velid hit] 击中无效
invitation [,invi'teɪʃən] 吸引，邀请
invitational tournament [,invi'teɪʃənl 'tuənəmənt] 邀请赛
invite [in'veit] 吸引，邀请
inviteness [in'veitnɪs] 引诱，吸引
inviting [in'veitɪŋ] 引诱，吸引
inward ['inwəd] 向内，内在的

- inward and outward bent-elbow whip lashing
[‘inwəd ænd ‘autwəd bent-’elbow hwip ‘læʃɪŋ] 里外拐肘鞭
- inward parry [‘inwəd ‘pæri] 里格
- Iron-Arm Exercise [‘aiən-a:m ‘eksəsaɪz] 铁臂功
- iron rule [‘aiən ‘ru:lə] 铁尺
- iron-sand palm [‘aiən-sænd pə:m] 铁沙掌

J

- jab [dʒæb] 用拳猛击
- jackknife [‘dʒæknaif] 背摔
- Jade Girl Works at Shuttles [dʒeɪd ɡə:l wə:ks ət ‘ʃʌtlz]
玉女穿梭
- jaw [dʒɔ:] 颌
- “jiandao” (sword school) [“jiandao” (sə:d sku:l)] 剑道
- “Jiangxi” Southern Style Boxing
[“jiangxi” ‘sʌðən stail ‘bəksɪŋ] 江西南拳
- “jianjing” [“jianjing”] 肩井
- “jianliao” [“jianliao”] 肩髎
- “jianwaishu” [“jianwaishu”] 肩外俞
- “jianyu” [“jianyu”] 肩髃
- “jianzhongshu” [“jianzhongshu”] 肩中俞
- “jiaobang” (staff fight) [“jiaobang” (sta:f fai:t)] 较棒

- “jiaodi” exercise [“jiaodi” ‘eksəsaɪz] 角抵
 “jiaoli” (trial of strength) [“jiaoli” (traɪəl əv streŋθ)] 角力
 “jijian” (fencing) [“jijian” (‘fensi)] 击剑
 “jingming” [“jingming”] 晴明
 “jiuwei” [“jiuwei”] 鸠尾
 “jizhong” [“jizhong”] 脊中
 joint [dʒɔɪnt] 关节
 joint open [dɔɪnt ‘oupen] 关节松开
 judge [dʒʌdʒ] 裁判员
 jump [dʒʌmp] 跳，跳步
 Jump a Step and Twist Elbow
 [dʒʌmp ə step ænd twist ‘elbow] 飞步拗弯肘
 jump and kick with heel [dʒʌmp ænd kik wið hi:l] 腾空蹬腿
 jump and spin lotus kick [dʒʌmp ænd spin ‘loutas kik] 腾空转身摆莲
 jump backward [dʒʌmp ‘bækwəd] 向后跃步
 jump backward and chop downward
 [dʒʌmp ‘bækwəd ænd tʃəp ‘daunwəd] 后跳下劈
 jump backward, spin weapon and chop
 [dʒʌmp ‘bækwəd, spin ‘wepən ænd tʃəp] 后跳抡劈
 jump forward [dʒʌmp ‘fɔ:wəd] 向前跃步
 jump high and kick to side with sole leading
 [dʒʌmp hai ænd kik tu said wið soul ‘li:dɪŋ] 腾空侧踹
 jump into somersault [dʒʌmp ‘intu ‘sʌməsɔ:lt] 腾空跃起滚翻

Jump, Roll Backward, Dive and Press

[dʒʌmp, roul 'bækwəd, daiv. ænd pres] 翻身扑虎
jump up and chop downward

[dʒʌmp ʌp ænd tʃəp 'daunwəd] 跳起下劈

jumping ability [dʒʌmpɪŋ ə'bliiti] 弹跳力

Jumping Carp [dʒʌmpɪŋ ka:p] 鲤鱼打挺

jumping cross kick [dʒʌmpɪŋ krəs kik] 腾空斜飞脚

jumping double front kick [dʒʌmpɪŋ 'dbl frənt kik] 腾空双飞脚

jumping from the splits [dʒʌmpɪŋ frəm ðə splits] 跳叉

jumping front kick [dʒʌmpɪŋ frənt kik] 腾空飞脚

jumping heel kick [dʒʌmpɪŋ hi:l kik] 腾空蹬腿

jumping movements [dʒʌmpɪŋ 'mu:vments] 跳跃动作

jumping movement exercise

[dʒʌmpɪŋ 'mu:vment 'eksəsaiz] 跳跃动作练习

jumping side sole kick [dʒʌmpɪŋ said soul kik] 腾空侧踹

jumping snap kick [dʒʌmpɪŋ snæp kik] 腾空箭弹

jumping spinning inside kick

[dʒʌmpɪŋ 'spiniŋ 'in'said kik] 旋风脚

jumping step [dʒʌmpɪŋ step] 跳步

jumping up from lying position [dʒʌmpɪŋ ʌp frəm 'laιiŋ pə'zisən] 鲤鱼打挺

“juque” [“juque”] 巨阙

jury of appeal [dʒuəri əv ə'pi:l] 仲裁委员会

K

keep [ki:p] 保持

keep (body) balance [ki:p 'bədi 'bæləns] 保持身体平衡

keep buttocks in [ki:p 'bʌtəks in] 收臀

keep buttocks tucked in [ki:p 'bʌtəks 'tʌkt in] 收臀

keep stable position [ki:p 'steibl pə'zɪʃən] 保持稳定姿势

keep stationary [ki:p 'steiʃənəri] 保持不动

key points [ki: pɔɪnts] 要领

key to the movement [ki: tu ðə 'mu:vment] 动作要领

kick [kik] 踢

kick according to opponent's posture

[kik ə'kə:diŋ tu ə'pounənts 'pəstʃə] 顺势踢

kick in defence [kik in di'fens] 踢腿防

kick (leg) [kik (leg)] 踢腿

kick sky with sole [kik skai wið soul] 朝天蹬

kick step [kik step] 击步

kick up [kik ʌp] 上踢

kick up with heel [kik ʌp wið hi:l] 朝天蹬

kick with back of foot [kik wið bæk əv fut] 用脚背踢

kick with heel [kik wið hi:l] 蹬腿，蹬一根(太极拳)

kick with heel leading [kik wið hi:l 'li:dɪŋ] 蹬脚

kick with left (right) leg [kik wið left (rait) leg] 左(右)

蹬脚

kick with right heel [kik wið rait hi:l] 右蹬一根 (太极拳)
kick with straight leg [kik wið streit leg] 直摆性腿法
kicking, striking, throwing and grasping

[kikɪŋ, 'straɪkɪŋ, θrouɪŋ ænd 'gra:splɪŋ] 踢打摔拿
kinesthetic sensation [,kaini(:)s'θetik sen'seɪʃən] 肌肉运动
感觉

knee [ni:] 膝

knee-hollow hold throw [ni:-'həlou hould θrou] 手蹩摔
knee-lift balance [ni:-lift 'bæləns] 提膝平衡

knee lock [ni: lɒk] 抱膝

knee opponent's groin [ni: e'pounənts grɔɪŋ] 以膝撞裆

knee-raising [ni:-'reizɪŋ] 提膝

kneecap ['ni:kæp] 膝盖

kneel [ni:l] 跪

kneeling stance ['ni:liŋ stæns] 跪步

kneeling step ['ni:liŋ step] 跪步

knees turned inward [ni:z 'tə:nd 'inwəd] 掩膝

knock down [nək daun] 击倒

knuckle ['nʌkl] 指关节

"Kong" Style Boxing ("kong" stail 'bəksɪŋ] 孔门拳

"kung-fu" ("kung-fu") 功夫

L

lack of coordination [læk əv kou,ə:dɪ'neɪʃən] 不协调

lack of speed and force [læk.əv spi:d ænd fə:s] 缓慢无力
lacking force ['lækɪŋ fə:s] 劲力不足
“lan-na-zha” [“lan-na-zha”] 拦、拿、扎
land at... [lænd æt...] 向……位置落步
land on the ball of foot [lænd ən ðə bɔ:l əv fut] 以前脚掌着地

“laogong” [“laogong”] 劳宫

large deflecting movements with moving steps

[la:dʒ di'flektiŋ 'mu:vənts wið 'mu:viŋ steps] 大捋
Large Frame Eight Extremes Boxing

[la:dʒ freim eit iks'tri:mz 'bəksinj] 大八级

Large-Frame Red Boxing [la:dʒ-freim red 'bəksinj] 大红拳

large-twining hold [la:dʒ-'twainiŋ hould] 大缠

latent force ['leitənt fə:s] 含劲

Lazily Belting Clothes ['leizili 'bæltiŋ 'klouðiz] 懒扎衣

Lazy About Tying Robe ['leizi ə'baut 'taiiŋ roub] 懒扎衣

lean [li:n] 倾斜

lean and break with back [li:n ænd breik wið bæk] 背折靠

lean back [li:n bæk] 过桥摔

lean backwards [li:n 'bækwədz] 后倾

lean forward [li:n 'fə:wəd] 前倾

leaning force ['li:nij fə:s] 靠劲

leap [li:p] 跳,跃步

leap in curved steps [li:p in kə:vd steps] 弧行步上跳

leaping step ['li:piŋ step] 跃步

left brush knee and twist step [left brʌʃ ni: ænd twɪst step] 左搂膝拗步

left horizontal hook [left ,həri'zəntl huk] 左平勾拳

left (right) hook [left (rait) huk] 左(右)勾拳

left (right) hook kick [left (rait) huk kik] 左(右)勾踢

left (right) leg straightened [left (rait) leg 'streitnd] 左(右)
腿蹬直

left (right) lumbar region [left (rait) 'lʌmbə 'ri:dʒən] 左
(右)腰部

left (right) uppercut [left (rait) 'ʌpəkʌt] 左(右)上勾拳

left side [left said] 左侧

left (side) defence [left (said) di'fens] 防左

left-side defence riposte methods

[left-said di'fens ri'poust 'meθədz] 防左还击法

left sidestep [left 'saɪdstep] 左闪步

left straight followed by right hook

[left streit 'fələud bai rait huk] 左直拳接右勾拳

left style [left stail] 左势

leftward ['leftwəd] 在左边

leg [leg] 腿

leg exercise [leg 'eksəsaɪz] 腿部练习

leg grip [leg grip] 抓腿

leg-hold throw [leg hould θrou] 抱腿摔

leg lock [leg lək] 夹腿

leg movement [leg 'mu:vment] 腿部动作

leg presses [leg p'resɪs] 搬腿

- leg protector [leg prə'tektə] 护腿
- leg-raise balance [leg-reiz 'blæləns] 控腿平衡
- leg-swing speed [leg-swiŋ spi:d] 摆腿速度
- leg technique [leg tek'ni:k] 腿法
- legs apart [legz ə'pa:t] 分腿
- legs crossed [legz ˌkrəst] 两腿交叉
- legs together [legz tə'geðə] 并腿
- lie face down [lai feis daun] 俯卧
- lie flat on the... [lai flæt ən ðə...] 身体……部位着地
- lie flat on the belly [lai flæt ən ðə 'beli] 胸腹着地
- lie on back and sweep whip under body
[lai ən bæk ənd swi:p hwip 'ʌndə 'bədi] 仰卧挺身下
扫鞭
- lie on side [lai ən said] 侧卧
- lie on stomach [lai ən 'stʌmək] 俯卧
- lift and hold knee [lift ənd hould ni:] 提膝抱腿
- lift and trip [lift ənd trip] 绊摔
- lift elbow [lift 'elbou] 抬肘
- lift left knee [lift left ni:] 提左膝
- lift foot in defence [lift fut in di'fens] 提脚防
- lift head [lift hed] 抬头
- lift knee and chop downward [lift ni: ənd tʃəp 'daunwəd]
提膝下劈
- lift knee and chop forward [lift ni: ənd tʃəp 'fɔ:wəd] 提膝
前劈
- lift knee and return kick [lift ni: ənd ri'tə:n kik] 提腿反踢

- lift knee and stab head [lift ni: ænd stæb hed] 提膝刺头
lift leg [lift elg] 抬腿
lift leg for lower defence [lift leg fɔ: 'ləuə di'fens] 提膝防下
lift right knee [lift rait ni:] 提右膝
lifting hold ['listin] hould] 抱起
light and steady [laɪt ænd 'stedi] 轻灵沉着
light blow [laɪt blou] 轻击
light-heavyweight [laɪt-'heviweit] 重量级
light-middleweight [laɪt-'midlweit] 中量级
light, swift and forceful [laɪt swif特ænd 'fɔ:sful] 轻快有力
light weapon [laɪt 'wepen] 轻器械
lightweight ['laɪtweit] 轻量级
like flying clouds and flowing water
[laik 'flaiiŋ klauðz ænd 'flouin] 'wə:tə] 似行云流水
likeness in both appearance and spirit
['laiknɪs in bauθ ə'piərəns ænd 'spɪrɪt] 形象意真
limber ['limbə] 使柔软
limber up ['limbə ʌp] 准备活动
line of attack [laɪn əv ə'tæk] 进攻路线
link [link] 连接
Linked Cannons [lɪŋkt 'kænənz] 连环炮
linked up smoothly [lɪŋkt ʌp 'smu:ðli] 连贯圆活
Lion Holds Ball ['laɪən houldz bə:l] 狮子抱球
Lion Rolls Ball ['laɪən roulz bə:l] 狮子滚球
list of competitors [list əv kəm'petɪtəz] 参赛者名单
little finger ['litl 'fɪŋgə] 小指

- lock [lək] 抱，夹
- loins [ləinz] 腰
- Long Boxing [ləŋ 'bəksɪŋ] 长拳
- long distance [ləŋ 'dɪstəns] 远距离
- Long-Eared Sword Play ['ləŋ-ə:d sə:d pleɪ] 长穗剑
- long-handle broadsword [ləŋ-'hændl 'brə:dso:d] 大刀
- long-handle spear [ləŋ-hændl spiə] 大枪
- long-hilt broadsword [ləŋ-hɪlt 'brə:dso:d] 扑刀
- long-hilt broadsword with rings [ləŋ-hɪlt 'brə:dso:d wið rɪŋz]
大环刀
- long-hilt scimitar [ləŋ-hɪlt 'simita] 春秋大刀
- long-tassel sword [ləŋ-'tæsəl sə:d] 长穗剑
- long weapon [ləŋ 'wepən] 长器械
- look ahead and behind [luk ə'hed ænd bi'haind] 瞻前顾后
- look-at-moon balance [luk-ət-mu:n 'bæləns] 望月平衡
- look forward [luk 'fə:wəd] 眼看前方
- look straight ahead [luk streit ə'hed] 向前平视
- loosen ['lu:sn] 放松
- loosen grip [lu:sn grip] 解脱
- lose balance [lu:z 'bæləns] 平衡失去
- lose correct posture [lu:z kə'rekt 'pəʊstʃə] 失势
- lose on points [lu:z ən pɔɪnts] 因分数落后而失败
- lose one thing for another [lu:z wʌn θɪŋ fə: ə'nʌðə] 顾此失彼
- lose resistance ability [lu:z ri'zistəns ə'biliti] 失去反抗能力

- lotus kick [lou'təs kik] 摆莲腿
loud and clear [laud ænd klɪə] 清脆响亮
low blow [lou blou] 击对方小腹以下部位
low flight [lou flait] 腾空不高
low leg stretch [lou leg stretʃ] 低压腿
low position [lou pə'zɪʃən] 低势
low posture [lou 'pəʊʃə] 低势
low-pressure workout [lou-'preʃə 'wə:kaut] 低强度训练
low-stance press spear [lou-stæns pres spiə] 扑枪
lower [louə] 降低
lower back [louə bæk] 腰
lower-front [louə-frənt] 前下方
lower-left [louə-left] 左下方
lower-left defence [louə-left di'fens] 防左下
lower-left defence riposte methods
[louə-left di'fens ri'poust 'meθədz] 防左下还击法
lower limb [louə lim] 下肢
lower-rear [louə-riə] 后下方
lower-right [louə-rait] 右下方
lower-right defence [louə-rait di'fens] 防右下
lower-right defence riposte methods
[louə-rait di'fens ri'poust 'meθədz] 防右下还击法
lower-section [louə-'sekʃən] 下盘
lowered head and bent waist prove one's skill is not high
[louəd hed ænd bent weist pru:v wənz sikl iz nɔ:t
hai] 低头猫腰，学艺不高。

lowest score [louist skɔ:] 最低分

lunge [lʌndʒ] 刺，戳

“Luohan” Boxing [“Luohan” /'bəksɪŋ] 罗汉拳

lure (in) [ljuə (in)] 引诱，诱惑

Lying Boxing ['laiiŋ 'bəksɪŋ] 地躺拳

M

mace [meis] 铜

major schools ['meidʒə sku:lz] 主要流派

make a fist [meik ə fist] 握拳

make a sound [meik ə saund] 发声

Mandarin Duck Boxing ['mændərin dʌk 'bəksɪŋ] 鸳鸯拳

Mantis Style Boxing ['mæntis stail 'bəksɪŋ] 螳螂拳

marshal calling ['ma:ʃəl 'kə:liŋ] 检录

marital ['ma:ʃəl] 军事的，尚武的

marital artist ['ma:ʃəl 'a:tist] 武术家

marital arts ['ma:ʃəl a:ts] 武术

marital arts master ['a:ʃəl a:ts 'ma:stə] 武术家

mat roll [mæt roul] 保护性滚翻

match [mætf] 回合、局

matwork ['mætwə:k] 垫上练习

means of attack [mi:nz əv ə'tæk] 技击手段

meanwhile ['mi:n'hwail] 同时

medal awards ceremony [ˈmedl əˈwɔ:dz ˌserɪməni] 授奖仪式

meet [mi:t] 交锋

meeting place [ˈmi:tɪŋ ˈpleɪs] 集合地点

“meichong” (“meichong”) 眉冲

men's individual all-round title

[menz ,indi'vidjuəl ə:l-raund 'taɪtl] 男子全能冠军

Men's Intermediate Class Boxing

[menz ɪnt̬(ə) 'mi:dɪət klæ:s ˈboksɪŋ] 男子乙组拳

messy footwork [ˈmesi ˈfʊtwə:k] 步法错乱

meteor hammer [ˈmi:tjə ˈha:mə] 流星锤

meteor stake exercise [ˈmi:tjə steɪk ˈeksəsaɪz] 流星桩

method of attack [ˈmeθəd əv ə'tæk] 攻击手段

method of delivering a blow [ˈmeθəd əv di'livərɪŋ ə bləʊ]

击法

methods of applying force [ˈmeθədz əv əp'laiɪŋ fɔ:s] 用劲

方法

methods of defence [ˈmeθədz əv di'fens] 防守方法

method of ordering events [ˈmeθəd əv ə:dəɪŋ i'vents] 编

排方法

mid-section [mid-'sekʃən] 中盘

middle finger [ˈmidl ˈfɪngə] 中指

middle-section [ˈmidl-'sekʃən] 中节

middleweight [ˈmidlwεɪt] 次重量级

Mill Around and Kick [mil ə'raund ænd kik] 磨身踢脚

Mind and Will Boxing [maɪnd ænd wil ˈboksɪŋ] 心意拳

Mind and Will Six-Conformities Boxing

- [maind ænd wil siks-kən'fə:mitiz 'bəksin] 心意六合拳
 “mingmen” [“mingmen”] 命门
- minute ['minit] 分
- misjudge ['mis'dʒʌdʒ] 错误
- miss (movement) [mis ('mu:vment)] 遗忘
- mistake [mis'teik] 失误
- Monkey Broadword Play ['mʌŋki 'brɔ:dso:d plei] 猴刀
- Monkey Climbs Branch ['mʌŋki klaimz bra:nts] 猴猴
 蹰枝
- Monkey Climbs Rope ['mʌŋki klaimz roup] 猴猴叨绳
- Monkey Climb Pole ['mʌŋki klaimz poul] 猴猴爬竿
- Monkey Cudgelplay ['mʌŋki 'kʌdʒəlplei] 猴棍
- Monkey Exercises ['mʌŋki 'eksəsaiziz] 猴形
- Monkey Hangs Seal ['mʌŋki 'hæŋz si:l] 猴猴挂印
- Monkey Pulls Down Branches ['mʌŋki pulz 'daun
 bra:ntſiz] 猴猴搬枝
- Monkey Style Boxing ['mʌŋki stail 'bəksin] 猴拳
- mouth [maʊθ] 嘴巴
- mouth-guard [maʊθ-ga:d] 护齿
- move down [mu:v daun] 下移
- move fast like a gust of wind [mu:v fa:st laik ə gʌst əv wind]
 快如风
- move like an ocean wave [mu:v laik ən 'ouſən weiv] 动如涛
- move slowly like a soaring eagle
 [mu:v 'slouli laik ə 'sə:riŋ 'i:gl] 缓如鹰
- move up [mu:v ʌp] 上移

- movement** ['mu:vment] 动作
movement analysis ['mu:vment ə'næləsis] 动作分析
movement at tips, control at waist
['mu:vment at tips, kən'troul at weist] 运动在梢,
机关在腰
movement difficulty ['mu:vment 'difikəlti] 动作难度
movement in the body; will in the heart
['mu:vment in ðə 'bədi; wil in ðə ha:t] 运动在身,
用意在心。
movement sequence ['mu:vment 'si:kwəns] 动作次序
movement specification ['mu:vment ,spesifi'keiʃən] 动
作规格
movement standard ['mu:vment 'stændəd] 动作规格
moving position ['mu:viŋ po'zishən] 动势
multiple-edge weapon ['mʌltipl-edʒ 'wepən] 多刃兵器
muscular strength ['mʌskjulə streŋθ] 肌肉力量
muscle control ['mʌsl kən'troul] 肌肉控制
muscle relaxation ['mʌsl ,ri:læk'seisən] 肌肉放松
muscle tension ['mʌsl 'tenʃən] 肌肉紧张
mutual attack ['mju:tjuəl ə'æk̟t] 互击

N

name [neim] 姓名

“naohu” [“naohu”] 脑户

nape of neck [neip əv nek] 后颈(项)

national cultural heritage [’næʃənl ’kʌltʃərəl ’heritidʒ] 民族文化遗产

natural breathing [’nætʃərəl ’bri:ðɪŋ] 自然呼吸

national judge [’næʃənl dʒudʒ] 国家级裁判员

Natural School [’nætʃərəl sku:l] 自然门

National “Wushu” Competition

[’næʃənl “wushu” kəmpɪ’tɪʃən] 全国武术比赛

naturally relaxed and calm [’nætʃərəli ri’lækst ænd ka:m]

松静自然

navel [’neivəl] 脐

near [niə] 接近，靠近

near end [niə end] 近端

near side [niə said] 近侧

neck [nek] 颈

neck guard [nek ga:d] 护颈

Needle at the Bottom of the Sea

[’ni:dl ət ðə ’bɒtəm əv ðə si:] 海底针

negative element [’negətiv ’elɪmənt] 阴

“neiguan” [“neiguan”] 内关

“Neijia” Boxing [“neijia” ’bɔksɪŋ] 内家拳

neither separate nor make forcible contact

[’naiðə ’sepərit nə: meik ’fɔ:səbl ’kɒntækt] 不丢不顶

neutralize [’nju:təlائز] 化解

neutralize opponent’s force point

[‘nju:trelaiz ə’pounənts fo:s pɔɪnt] 使对方的力点落空
neutralizing force [‘nju:trelaiziŋ fo:s] 化劲
New-Form (“Chen” Style “Taijiquan”)

[nju:-fɔ:m (“chen” Stail “taijiquan”)]

新架 (陈式太极拳)

Night Fighting Broadsord Play

[naɪt ‘faɪtiŋ ‘bro:dso:d pleɪ] 夜战刀

Night walking Broadsord Play

[naɪt ‘wɔ:kɪŋ ‘bro:dso:d pleɪ] 夜行刀

nimble and swift [‘nimbl ænd swɪft] 轻灵敏捷

nine-section whip [nain-sekʃən hwip] 九节鞭

nine-segment whip [nain-’segmənt hwip] 九节鞭

ninety degrees body turns

[‘nainti di’gri:z ‘bodi tə:nz] 转体90度

no separation [nou sepə’reiʃən] 不丢

nobody knows me, while I know everybody

[‘nou bədi nouz mi, hwail ai nou ‘evribədi] 人不知我，我独知人。

norm of movement [nə:m əv ‘mu:vment] 动作规格 (标准)

nose [nouz] 鼻

not lose opponent [nɒt lu:z ə’pounənt] 不丢

Novice Class Boxing [nəvɪs kla:s ‘bəksɪŋ] 初级拳术

number [nʌmbə] 号码

number of matches (completed)

[nʌmbə əv ‘mætsiz (kəmp’li:tid)] 比赛场数

O

oblique [ə'blɪ:k] 斜的

Oblique Brush Knee and Twist Step

[ə'blɪ:k brʌʃ ni: ænd twist step] 斜搂膝拗步

oblique forward step [ə'blɪ:k 'fɔ:wəd step] 斜上步

oblique kick [ə'blɪ:k kik] 斜踢腿

oblique stab with sword [ə'blɪ:k stæb wið sɔ:d] 斜刺剑

oblique thrust [ə'blɪ:k θrʌst] 斜刺

offense and defense techniques

[ə'fens ænd di'fens tek'niks] 攻防技术

offensive action [ə'fensiv əækʃən] 进攻动作(姿势)

Old-Form (“Chen”-Style “Taijiquan”)

[ould fə:m (“chen” stail “taijiquan”)] 老架(陈式太极拳)

old “wushu” master [ould “wushu” 'ma:stə] 老拳师

on-guard position [ən-ga:d pə'zɪʃən] 实战姿势

oncoming force [ən'kʌmiŋ fə:s] 来劲

oncoming force strikes emptiness

[ən'kʌmiŋ fə:s straiks 'emptinis] 引进落空

one-arm cartwheel [wʌn-a:m 'ka:thwi:l] 单臂侧手翻

one-foot upright spin [wʌn-fut 'ʌprait spin] 单脚直立旋转

- one hundred and eighty degrees body turns in the air
 [wʌn 'hʌndrəd ænd 'eiti di'gri:z 'bədi tə:nz in ði: eə]
 空中转体180度
- one-two [wʌn-tu] 左右连续攻击
- only after punching one thousand punches will body work
 be natural
 [f'ounli 'a:fte 'pʌntʃɪŋ wʌn θauzənd pʌntʃɪz wil 'bədi
 wə:k bi 'nætʃərəl] 拳打千遍，身法自然
- Open Door Eight Extremes Boxing**
- [ou'pən də: eit iks'tri:mz 'bəksɪŋ] 开门八极
 open on-guard position [ou'pən ən-ga:d pə'zɪʃən] 空挡
 open up [ou'pən ʌp] 做假动作造成对方漏空
 opening [ou'pəniŋ] 空挡（防守不严而造成的）
 Opening Boxing [ou'pəniŋ 'bəksɪŋ] 开拳
 opening ceremony [ou'pəniŋ 'seriməni] 开幕式
 opening march [ou'pəniŋ ma:tʃ] 入场式
 opponent [ə'pounənt] 对手，对方
 opposite direction [ə'pəzɪt di'rekʃən] 反方向
 opposite (side) [ə'pəzɪt (saɪd)] 对侧的
 opposition [əpə'zɪʃən] 对抗
- Optional Boxing [əpʃə'nəl 'bəksɪŋ] 自选拳
 Optional Routine (set) [əpʃə'nəl ru:'ti:n (set)] 自选套路
 order of events [ə'də ev i'vents] 项目编排
 order of finish [ə:də ev 'finiʃ] 名次排列
 organizing committee [ə:gənaizɪŋ kə'miti] 组织委员会
 originate from [ə'ridʒineit frəm] 起源于

other boxing styles [ʌðə 'boksɪŋ stailz] 其它拳术

other weapons [ʌðə 'wepənz] 其它器械

oust [aʊst] 打败

outclass ['aʊtkla:s] 击败对方，取胜

outer ankle ['aʊtər 'æŋkl] 外踝

outer thigh ['aʊtər θai] 大腿外侧

outpoint ['aʊt'poɪnt] 得分超过对手

outscore ['autskɔ:] 分数领先

outside ['aut'saɪd] 外侧

Outside Bent-Elbow Over Head Whip Lashing

['aut'saɪd bent-'elbou 'ouvə hed hwip 'læʃɪŋ] 过头外拐肘鞭

outside boundary ['aut'saɪd 'baundəri] 出界

outside circle ['aut'saɪd 'sə:kl] 圈外

outside crotch-hold ['aut'saɪd krɒtʃ-hould] 外侧抱腿

outside kick ['aut'saɪd kik] 外摆腿

outside of right (left) elbow

['aut'saɪd əv rait (left) 'elbou] 右(左)肘外侧

outside parry ['aut'saɪd 'pæri] 外侧格挡

outstanding style ['autstændɪŋ stail] 风格突出

outward ['autwəd] 向外，外部的

outward grab ['autwəd græb] 搂手

outward parry ['autwəd 'pæri] 外格

over and over ['ouvə ænd 'ouvə] 反复地

over-head block with broadsword

['ouvə-hed blæk wið 'bro:dso:d] 刀架

overcome a weight of 1,000 pounds with four ounces

[‘ouvəkʌm ə’weit əv wʌn ‘θaʊzənd paundz wiə]

fɔ: ‘aunsis] 四两拨千斤

overhead [‘ouvəhed] 头上的，在头顶上

overhead block with cudgel [‘ouvəhed blək wiədʒəl]

托棍

overhead block with spear [‘ouvəhed blək wiəd spiə] 托枪

overhead block with sword [‘ouvəhed blək wiəd sə:d] 架剑

overreach [‘ouveri:tʃ] 失去平衡

overtense [‘ouvetens] 过度紧张

overtrain [‘ouvetrein] 训练过度

ox-heart crutch [əks-ha:t krʌtʃ] 牛心拐

P

Paired Long Boxing Practice [peəd ləŋ ‘bəksin ‘præktis]

长拳对练

paired practice [peəd ‘præktis] 对练

palm [pɑ:m] 掌

palm block [pɑ:m blək] 架掌

palm chop [pɑ:m tʃəp] 劈掌

palm downward [pɑ:m ‘daunwəd] 俯掌

palm facing in (up, down, out)

[pɑ:m ‘feisɪŋ in (ʌp, daun, aut)] 掌心向内(上、下、

外)

palm form [pa:m fɔ:m] 掌型

palm method [pa:m 'meθəd] 掌法

palm-pushing [pa:m 'puʃɪŋ] 推掌

palm slice [pa:m slais] 斩手

palm techniques [pa:m tek'ni:ks] 掌法

pant [pænt] 端气

“Paochui” Boxing [“paochui” 'boksɪŋ] 炮捶(拳)

parry ['pærɪ] 格挡

parry a blow ['pærɪ ə blou] 避开打击

parry and riposte ['pærɪ ænd rɪ'poust] 防守与还击

parry and strike ['pærɪ ænd straik] 格打

parry in defence ['pærɪ in dī'fens] 格防

parry inward with spear ['pærɪ 'inwəd wið spiə] 拿枪

parry outward with spear ['pærɪ 'autwəd wið spiə] 拦枪

parry with broadsword ['pærɪ wið 'bro:dso:d] 格刀

parry with cudgel ['pærɪ wið 'kʌdʒəl] 格棍

parry with elbow ['pærɪ wið 'elbou] 肘格

parry with end of cudgel ['pærɪ wið end əv 'kʌdʒəl] 挂把

parry with spear ['pærɪ wið spiə] 拨枪

parry upward ['pærɪ 'ʌpwəd] 向上格挡

part [pa:t] 分段, 趟, 部分

Part-Time “Wushu” School [pɑ:t-taɪm "wushu" sku:l]

半日制武术学校

Parting the Wild Horse's Mane

[pɑ:tiŋ ðə waɪld 'hɔ:siz mein] 野马分鬃

partner [ˈpɑ:tner] 陪练者

pass [pɑ:s] 经过，通过，合格，出线

pass on [pɑ:s ən] 传授

passing to the inside of... ['pɑ:sɪŋ tu ði: ˈɪnsaɪd əv ...]

经…内侧

passing to the outside of... ['pɑ:sɪŋ tu ði: ˈaʊt'saɪd əv ...]

经…外侧

pat high on the horse [pæt haɪ ən ðə hɔ:s] 高探马

Patting to Striking Exercise ['pætɪŋ tu ˈstraɪkɪŋ ˈeksəsaɪz]

拍打功

pay attention to [pei ə'teɪʃən tu] 注意

penalize ['pi:nəlaɪz] 扣分

penalty ['penlti] 扣分

penetrate opponent's defence

['penɪtreɪt ə'pounənts dɪ'fens] 冲破对方防线

perfect ['pə:fikt] 完美的，熟练的

perfect timing ['pə:fikt ˈtaimɪŋ] 及时

performance over allotted time

[pə'fɔ:məns ˈouvə ə'lɔtid taim] 时间超出规定

performance short of allotted time

[pə'fɔ:məns ʃɔ:t əv ə'lɔtid taim] 时间不足规定

performer [pə'fɔ:mə] 表演者，演练者

Phoenix Spreads Its Wings ['fi:niks spredz its wiŋz] 凤凰展翅

physical fatigue ['fizikəl fə'ti:g] 身体疲劳

physical strain ['fizikəl streɪn] 身体疲劳

- pick-up [pik-ʌp] 抱起
pierce [piəs] 刺
pierce with spear [piəs wið spiə] 穿枪
pierce with sword [piəs wið so:d] 穿剑
piercing palm [’piəsinŋ pa:m] 穿掌
“Pigua” Boxing [“pigua” ’boksinq] 僻挂拳
pike [paik] 矛
“pishu” [“pishu”] 脖俞
pivot on ... [’pivət ən ...] 以...为轴
pivot on heel [’pivət ən hi:l] 以脚跟为轴
pivot on the ball of foot [’pivət ən ðə bo:l əv fut] 以脚掌为
轴
place [pleis] 地点
place feet together [pleis fi:t tə’geðə] 并步
place of origin [pleis əv ’ɔridʒin] 发源地
place on ... [pleis ən ...] 置于...
platform [’plætʃə:m] 比赛台(擂台)
play [plei] 表演, 演练
player [pleiə] 运动员
pliability [plaiə’biliti] 柔韧性
Plum-Blossom Mantis Boxing
[plʌm-’bləsəm ’mæntis ’boksinq] 梅花螳螂拳
Plum Blossom Stake Exercise [plʌm ’bləsəm steik ’eksəsaiz]
梅花桩
Plum Blossoms Scattered By the Wind
[plʌm ’bləsəmz ’skætəd bai ðə wind] 风扫梅花

point [poɪnt] 指向, 点, 分, 指点
point broadsword [poɪnt 'brə:dswɔ:d] 点刀
point kick [poɪnt kɪk] 点腿
point of attack [poɪnt əv ə'tæk] 攻击目标
point of attention [poɪnt əv ə'tenʃən] 要点(要领)
point of spear [poɪnt əv spiə] 枪尖
point scale [poɪnt skeil] 评分标准
point spear [poɪnt spiə] 点枪
Point Sword With Feet Together [poɪnt sə:d wið fi:t tə'geðə]

并步点剑

point to remember [poɪnt tu rɪ'membə] 要领
point with cudgel [poɪnt wið 'kʌdʒəl] 点棍
point with sword [poɪnt wið sə:d] 点剑
points table [peɪnts 'teibl] 评分表
poke cudgel [pouk 'kʌdʒəl] 戳棍
poor coordination [puər kou,ə:dɪ'neiʃən] 不协调
pose [pouz] 摆姿势
position [pe'ziʃən] 姿势
positive element [ˈpəzətɪv 'eləmənt] 阳
posture [pəʊstʃə] 姿势
pound ground with fist [paund graund wið fist] 击地捶
power ['paʊər] 劲力
Power Boxing ['paʊər 'bəksɪŋ] 功力拳
power focussed at tip of foot ['paʊər fəukst ət tip əv fut]
力达脚尖
power is focussed at heel ['paʊər ɪz fəukst ət hi:l] 力达脚跟

powerful drive of leg ['paʊ:fʊl draɪv əv leg] 后蹬有力
practice makes perfect ['præktɪs meɪks 'pə:fikt] 熟能生巧
practical application ['præktɪkəl ,æplɪ'keɪʃn] 用法
practical application of broadsword

['præktɪkəl ,æplɪ'keɪʃn əv 'brɔ:dsɔ:d] 刀的技法
practical application of cudgel

['præktɪkəl ,æplɪ'keɪʃn əv 'kʌdʒəl] 棍的技法
practical application of spear ['præktɪkəl ,æplɪ'keɪʃn əv spiə] 枪的技法
practical application of sword

['præktɪkəl ,æplɪ'keɪʃn əv sɔ:d] 剑的技法
practical attacking techniques ['præktɪkəl ə'tækɪŋ tek'nɪ:ks]
实用技法

practical fault ['præctɪkəl fə:lt] 方法错误

practitioner ['prækʃənə] 练习者

practise both the internal and the external

['præktɪs bauθ ði: in'tɔ:nl ænd ði: eks'tɔ:nl] 内外兼修
practise with assistance ['præktɪs wið ə'sistəns] 保护帮助

练习

Praise Spring Boxing [preiz sprɪŋ 'boksɪŋ] 咏春拳

Praising Spring Broadsword play

['preizɪŋ sprɪŋ 'brɔ:dsɔ:d pleɪ] 咏春刀

preparatory form [pri'pærətəri fo:m] 预备势

preparatory position [pri'pærətəri pə'zɪʃn] 预备势

President of the "Wushu" Association

['prezɪdənt əv ðə "wushu" ə'səʊsɪ'eɪʃn] 武协主席

- press [pres] 按、压
- press against opponent [pres ə'geinst ə'pounənt] 身体
贴靠对方
- press bridge [pres bridʒ] 压桥
- press broadsword [pres 'bro:dso:d] 按刀
- press down [pres daun] 下按
- press elbow [pres 'elbou] 压肘
- press in defence [pres in di'fens] 压防
- press knee in defence [pres ni: in di'fens] 按膝防
- press leg at side [pres leg ət said] 侧压腿
- press leg down in defence [pres leg daun in di'fens] 压腿防
- press leg from behind [pres leg frəm bi'haind] 后搬腿
- press leg from front [pres leg frəm frənt] 正搬腿
- press leg from side [pres leg frəm said] 侧搬腿
- press leg [pres leg] 压腿
- press palm [pres pa:m] 盖掌，按掌
- press with cudgel [pres wið 'kʌdʒəl] 压棍
- pressing force ['presɪŋ fo:s] 按劲
- pressing form ['presɪŋ fo:m] 按式
- pressing movement ['presɪŋ 'mu:vment] 按
- pressure glide ['preʃə glaɪd] 压滑进攻
- prevent [pri'vent] 防止，阻挡
- Primary Class Routine [p'raiməri kla:s ru:tɪ:n] 初级套路
- principal channels ['prɪnsepl tʃænlz] 经络
- principle of practice ['prɪnsepl əv 'præktɪs] 练习原则
- prize [praiz] 奖品

- program [prəʊgræm] 秩序册
progression [prə'gresʃən] 循序渐进
protect [prə'tekt] 防守，保护
protect head [prə'tekt hed] 护头
protecting crotch step [prə'tektiŋ krətʃ step] 护裆步
protective clothing [prə'tektiv klouðiŋ] 护具
protective gear [prə'tektiv geə] 护具
psychological training [saɪkə'lɒdʒɪkəl 'treɪnɪŋ] 心理训练
public results board ['pʌblɪk rɪzʌltz bɔ:d] 成绩公布栏
public "wushu" organization
['pʌblɪk "wushu" ɔ:gənai'zeɪʃən] 民间武术组织
pugilist ['pjū:dʒilist] 拳师
pull [pul] 拉，拔
pull back spear [pul bæk spiə] 拉枪
pull back the leg [pul æk ðə leg] 收腿
pull fist back [pul fist bæk] 收拳
pull in abdomen [pul in 'æbdəmen] 收腹
pull out of the fire [pul aut əv ðə faɪə] 反败为胜
punch [pʌntʃ] 击，用拳打
punch downward [pʌntʃ 'daunwəd] 下冲拳
punch fist [pʌntʃ fist] 拳冲
punch fist and kick with heel
[pʌntʃ fist ænd kik wið hi:l] 蹬腿冲拳
punch fist downward in T-step
[pʌntʃ fist 'daunwəd in ti:-step] 丁步下冲拳
punch under elbow [pʌntʃ 'ʌndə 'elbou] 肘底捶

punch upward [pʌntʃ 'ʌpwəd] 上冲拳

punching bag ['pʌntʃɪŋ bæg] 练习袋

punching drill ['pʌntʃɪŋ dril] 击打练习

punching power ['pʌntʃɪŋ 'paʊə] 冲拳力量

punching with fists and kicking with legs

['pʌntʃɪŋ wið fists ænd 'kɪkɪŋ wið legz] 拳打脚踢

pursuing attack [pə'sju:iŋ ə'tæk] 追击

push [puʃ] 推，挤

push and press [puʃ ænd pres] 推按

push and thrust in bow step [puʃ ænd θrʌst in bou step]

弓步推刺

push away [puʃ ə'wei] 推开

Push Both Hands [puʃ bouθ hændz] 推双手

push broadsword [puʃ 'brɔ:dsɔ:d] 推刀

push down [puʃ daun] 下势

Push Down and Stand on One Leg

[puʃ daun ænd stænd ən wʌn leg] 独立下势

push elbow [puʃ 'elbou] 顶肘

push elbow in defence [puʃ 'elbou in di'fens] 托肘防

push-hand [puʃ-hænd] 推手

push-hand exercise [puʃ-hænd 'eksəsaiz] 推手练习

push-hand exercises with free moving steps

[puʃ-hænd 'eksəsaiziz wið fri: 'mu:vɪŋ steps] 活步推手

push in defence [puʃ in di'fens] 推防

push jaw [puʃ dʒɔ:] 推下颌

push off rear leg [puʃ ə(:)f riə leg] 后腿蹬地

push out [puʃ aut] 外推

push palm [puʃ pa:m] 推掌

push to the left and chop forward in bow step

[puʃ tu ðə left ænd tʃəp 'fɔ:wəd in bou step] 弓步左推前劈

push to the right and chop forward in bow step

[puʃ tu ðə rait ænd tʃəp 'fɔ:wəd in bou step] 弓步右推前劈

push-up [puʃ-ap] 俯卧撑

push with cudgel [puʃ wið 'kʌdʒəl] 推棍

push with end of cudgel [puʃ wið end əv 'kʌdʒəl] 推把

pushing force [puʃɪŋ fɔ:s] 挤劲

pushing form [puʃɪŋ fo:m] 挤式

pushing movement [puʃɪŋ 'mu:vment] 挤

Python Turns Over [paɪθən tə:nz 'ouva] 大蟒翻身

Q

“qi” [“qi”] 气

“Qi-Gong” [“qi-gong”] 气功

“qi” flows to “dantian” [“qi” flouz tu “dantian”] 气沉丹田

田

“qichong” [“qichong”] 气冲

“qihai” [“qihai”] 气海

- “qimen” [“qimen”] 期门
“Qingping” Swordplay [“qingping” ‘sɔ:dplei] 青萍剑
“qixue” [“qixue”] 气穴
qualify [‘dʒwɔ:lifi] 合格, 出线
qualify for finals [‘kwɔ:lifai fə: ‘fainlz] 取得决赛权
quality of movement [‘kwɔ:litɪ əv ‘mu:vment] 动作质量
“Quanshu” [“quanshu”] 拳术
“uchí” [“uchí”] 曲池
quick and forceful [kwik ænd ‘fɔ:sful] 迅速有力
quiescent [kwai’esnt] 静
“quze” [“quze”] 曲泽

R

- raise cudgel [reiz ‘kʌdʒəl] 举棍
raise cudgel with straight arm [reiz ‘kʌdʒəl wið streit ə:m]
 挑棍
Raise Hands and Step Up [reiz hændz ænd step ʌp] 提手
 上势
raise head [reiz hed] 抬头
Raise Knee and Thread Palm [reiz ni: ænd θred pa:m] 提
 膝穿掌
raise spear with straight arm [reiz spiə wið streit ə:m] 挑
 枪

- raise sword [reɪz sɔ:d] 提剑
- raise sword with straight arm [reɪz sə:d wið streit ə:m] 挑剑
- rake [reɪk] 耙
- range of movement [reɪndʒ əv 'mu:vmənt] 动作幅度
- rang of swing [reɪndʒ əv swin] 摆动幅度
- ranking list ['ræŋkɪŋ list] 名次排列表
- rapier ['reɪpiə] 剑
- re-perform [ri:-pə'fɔ:m] 重做
- reach out palm [ri:tʃ aut pa:m] 探掌
- Reach Straight into Well [ri:tʃ streit 'intu wel] 井搅直入
- ready ['redi] 准备
- ready movement ['redi 'mu:vmənt] 准备动作
- ready position ['redi pə'zɪʃən] 预备势
- real fighting [ri:əl 'faɪtɪŋ] 实战
- rear [riə] 后面的
- rear leg press [riə leg pres] 后压腿
- rear-left [riə-left] 左后方
- rear-right [riə-right] 右后方
- rear pivot [riə 'pivat] 后转身
- record keeper [ri'kə:d 'ki:pə] 记录员
- Red Boxing [red 'boksɪŋ] 红拳
- redoublement [ri(:)'dʌblmənt] 连续进攻
- regulation [regju'leɪʃən] 规则，规章
- relax and drop elbows [ri'læks ænd drɒp 'elbouz] 两肘松垂
- relax entire body [ri'læks in'taiə 'bodi] 全身放松

- relax shoulders [ri'læks 'ʃouldəz] 松肩
- relax waist [ri'læks weist] 松腰
- relax whole body [ri'læks houl 'bodi] 全身放松
- relaxed force [ri'lækst fo:s] 松劲
- relaxed kicking [ri'lækst 'kikin] 放松踢
- release [ri'li:s] 放松, 释放
- release force [ri'li:s fo:s] 发力
- release force smoothly [ri'li:s 'fo:s 'smu:ðli] 劲力顺达
- release hold [ri'li:s hould] 解脱
- remain [ri'mein] 保持
- remain stationary [ri'mein 'steiʃəneri] 保持不动
- “ren” channel [“ren” tʃænl] 任脉
- “renzhong” [“renzhong”] 人中
- repeat [ri'pi:t] 重复, 重做
- repeatedly [ri'pi:tidli] 反复地
- repetition training [repɪ'tiʃən 'treinin] 重复训练
- require [ri'kwaiə] 要求
- Required Boxing [ri'kwaιəd 'boksing] 规定拳
- required event [ri'kwaιəd i'vent] 规定项目
- required routine (set) [rik'waιəd ru:'ti:n (set)] 规定套路
- resist [ri'zist] 抵抗, 对抗
- resistance ability [ri'zistəns e'biliti] 反抗能力
- resting stance [restin stæns] 歇步
- restricted area [ris'triktid 'æriə] 禁击部位
- result [ri'zʌlt] 成绩
- retain straight posture [ri'tein streit 'prəstʃə] 保持伸直状

态

- retaliate [ri'tælieit] 反击
- retire [ri'taiə] 后退，退却，弃权
- retreat [ri'tri:t] 退步
- retreat in defence [ri'tri:t in di'fens] 退防
- retrieve to [ri'tri:v tu] 收回…位置
- return [ri'tə:n] 还击
- return a kick for a kick [ri'tə:n ə kik fə: ə kik] 以踢还踢
- return to [ri'tə:n tu] 收回…位置
- reverse arm-lock [ri've:s ə:m-lək] 反夹臂
- reverse arm-throw [ri've:s ə:m-θru] 反夹臂背摔
- reverse circle [ri've:s 'sə:kl] 后绕环
- reverse direction [ri've:s di'rekʃən] 反方向
- reverse figure-8 [ri've:s 'figə-eit] 提撩舞花
- reverse grip [ri've:s grip] 反握
- reverse lean back throw [ri've:s li:n bæk θrou] 反抱肩颈
过桥摔
- reverse pivot [ri've:s 'pivət] 后转身
- reverse thrust [ri've:s θrʌst] 倒插
- reverse twining [ri've:s 'twainin] 逆缠
- rhythm clear ['riðəm klɪə] 节奏分明
- rhythm of movement ['riðəm əv 'mu:vment] 动作节奏
- rib [rib] 肋
- rich contents [rits 'kɔntents] 内容丰富
- Riding the Kylin Backwards
['raidiŋ ðə 'kailin 'bækwədz] 倒骑麟

Riding-Two-Tigers Boxing [ˈraɪdɪŋ-tu-ˈtaɪgəz ˈbəksɪŋ] 双

跨虎拳

Right and Left Golden Cock Stands on One Leg

[raɪt ænd lef tˈgouldən kək stændz ən wʌn leg] 左右
金鸡独立

right brush knee and twist step [raɪt brʌʃ ni: ænd twɪst step]

右搂膝拗步

right horizontal hook [raɪt ,hərɪ'zəntl huk] 右平勾拳

right oblique step [raɪt ə'bli:k step] 右斜步

right side [raɪt saɪd] 右侧

right (side) defence [raɪt (saɪd) dɪ'fens] 防右

right-side defence riposte methods

[raɪt-saɪd dɪ'fens ri'poust 'meθədz] 防右还击法

right sidestep [raɪt 'saɪdstep] 右闪步

right style [raɪt stail] 右势

rightward [ˈraɪtwəd] 在右边

ring [rɪŋ] 环, 铁环

ring finger [rɪŋ 'fɪŋgə] 无名指

ringside judge [ˈrɪnsaɪd ˈdʒʌdʒ] 评分裁判员

riposte [ri'poust] 还击, 回刺

riposte while jumping backward

[ri'poust hwail /dʒʌmpɪŋ 'bækwəd] 后跳还击

rise and fall [raɪz ænd fɔ:l] 起伏

riseup [ˈraɪzʌp] 起身

rising, falling, turning and folding

[ˈraiziŋ, 'fɔ:liŋ, /tə:nɪŋ ænd 'fouldɪŋ] 起伏转折

- roll [roul] 滚翻
 roll bridge [roul brij3] 滚桥
 roll call [roul kɔ:l] 点名
 roll elbow [roul 'elbow] 滚肘
 roll forearm [roul 'fɔ:ra:m] 滚桥
 roll over jump [roul 'ouvé dʒump] 翻身跳
Rolling Double Broadswords play
 ['roulinj dʌbl 'brə:dsə:dz pleɪ] 滚堂双刀
Rooster Exercise ['ru:stə 'eksəsaɪz] 鸡形
 rope-dart [roup-dɑ:t] 绳镖
 rotate [rou'teit] 转
 Rotate Palm [rou'teit pa:m] 片旋掌
 round [raund] 回合，局
Round Body Eight Diagrams Palm
 [raund 'bədi eit 'daiəgræmz pa:m] 游身八卦掌
 routine [ru:'ti:n] 套，套路
 routine distribution [ru:'ti:n 'distrɪ'bju:ʃən] 套路布局
 routine inspector [ru:'ti:n ,in'spektə] 套路检查员
 routine training [ru:'tin 'treinɪŋ] 套路训练
Routine I of the “Chen” Style “Taijiquan”
 [ru:'tin wʌn əv ðə “chen”stail “taijiquan”] 陈式一路
 太极拳
Routine II of the “Chen” Style “Taijiquan”
 [ru:'ti:n tu: əv ðə “chen”“stail “taijiquan”] 陈式
 二路太极拳
Rub Eyebrows Red [rʌb 'aibraʊz red] 抹眉红

run-up [rʌn-ʌp] 助跑

Running Horse Turns Its Head ['rʌniŋ hɔ:s tə:nz-its hed]
走马回头

S

S-step [es-step] 弧行步

sabre ['seɪbə] 刀

sabre play ['seɪbə plei] 刀术

sack opponent with knee [sæk ə'pounənt wið ni:] 以膝撞档

sag [sæg] 松垂

same score [seim skɔ:] 得分相等

sandbag ['sændbæg] 沙袋

“sanyingjao” [“sanyinjiao”] 三阴交

save power like drawing a bow, apply force like loosing an arrow

[seiv 'pauə laik 'drə:iŋ ə bou, ə'plai fɔ:s laik 'lu:sig]
en 'ærou] 蕉劲如开弓，发劲似放箭

scabbard ['skæbəd] 鞘

school [sku:l] 流派

school of “Wushu” [sku:l əv “wushu”] 武术流派

scissor legs ['sɪzə legz] 剪腿

scissors ['sɪzəz] 剪

- scoop down [sku:p daun] 向…下挂
score flash card [skɔ flæʃ ka:d] 示分牌
scoring paper ['skɔ:in /peipə] 记分表
scream [skri:m] 喊，发声
searching-sea balance ['sə:tʃɪŋ-si: 'bæləns] 探海平衡
seated step ['si:tid step] 歇步
second ['sekənd] 秒
second category ['sekənd 'kætigəri] 第二类
second class judge ['sekənd kla:s dʒʌdʒ] 二级裁判员
Second Closing ['sekənd 'klouzɪŋ] 再收
second court ['sekənd kɔ:t] 第二场地
second place ['sekənd pleis] 第二名
section ['sekʃən] 段，趟
segment ['segmənt] 分段，趟
segment drills ['segmənt drilz] 分解练习
segmented movement ['segməntid 'mu:vment] 分解动作
seize [si:z] 摘拿
seize leg in defence [si:z leg in di'fens] 抱腿防
seize the opportunity (to attack)
[si:z ðə ,əpə'tju:niti (tu ə'tæk)] 抓住进攻时机
select [si'lekt] 选拔
selective trials [si'lektiv traiəlz] 选拔赛
self-defence [self-di'fens] 自卫
Self-Hitting Exercise [self-'hitin 'eksəsaiz] 拍打功
self-relaxation [self-,ri:læk'seisjən] 自我放松
semi-finals ['semi-'fainlz] 半决赛

- semi-horse stance [‘semi-hɔ:s stæns] 半马步
sense of rhythm [sens əv ‘rɪðəm] 节奏感
“Seng Men” Boxing [“seng men” ‘boksɪŋ] 僧门拳
separate [‘speərit] 分开
Separate Legs [‘sepərit legz] 分脚
separate palms [‘sepərit pa:mz] 分掌
separate with broadsword [‘sepərit wið ‘br:ədsw:d] 分刀
separated force [‘sepəritid fɔ:s] 分力
Separating-Hands Boxing [‘sepəritin-hændz ‘boksɪŋ] 分手拳
serene heart and concentrated mind
[si’ri:n ha:t ænd ‘kənsentreitid maind] 静心聚神
serial blows [‘siəriəl blouz] 连击
serial movement [‘siəriəl ‘mu:vmənt] 连续动作
series [‘siəri:z] 动作组合
series drills [‘siəri:z drilz] 动作组合练习
set [set] 套路
set foot down like a magpie [set fut daun laik ə ‘mægpai]
落如鹊
set sparring [set spa:rin] 对练
Severn-Star Mantis Boxing [‘sevn-sta: ‘mæntis ‘boksɪŋ]
七星螳螂拳
Seven Stars Boxing [‘sevn sta:z ‘boksɪŋ] 七星拳
severe inconformity with specifications
[si’viə ,inkən’fɔ:miti wið ,spesifi’keiʃənz] 与要求严
重不符
sex [seks] 性别

shaft of spear [ʃa:ft əv spiə] 枪杆

Shake Foot and Stretch Down [ʃeik fut ænd stretʃ daun]
摆脚跌叉

shaking force ['feikɪŋ fa:s] 抖力

shaking power ['seikɪŋ paʊə] 抖劲

“shangqiu” [“shangqiu”] 商丘

“shangqu” [“shangqu”] 商曲

“shangguan” [“shangguan”] 上关

“shangyang” [“shangyang”] 商阳

“shangwan” [“shangwan”] 上腕

shank [ʃænk] 小腿

“shaochong” [“shaochong”] 少冲

“shaofu” [“shaofu”] 少府

“Shaolin” Boxing [“shaolin” 'bəksin] 少林拳

“Shaolin” Cross-Fighting Boxing

[“shaolin” krəs-'faitin 'bəksin] 少林十字战拳

“Shaolin” Eight-Step Linked Boxing

[“shaolin” eit-step linkt 'bəksin] 少林八步连环

“Shaolin” Five-Battles Boxing

[“shaolin” faiv-'bætlz 'bəksin] 少林五战拳

“Shaolin” Five-Fist Boxing [“shaolin” faiv-fist 'bəksin]

少林五拳

“Shaolin Hongquan” [“shaolin hongquan”] 少林虹拳

“Shaolin” Linked Boxing [“shaolin” linkt 'bəksin] 少林

连环拳

“Shaolin” Monastery [“shaolin” 'mənəstəri] 少林寺

- "shaolin" school ["shaolin" sku:l] 少林派
 "Shaolin" Soft Boxing ["shaolin" soft 'bəksɪŋ] 少林柔拳
 "Shaolin" Southern School Boxing
 ["shaolin" 'sʌðən sku:l 'bəksɪŋ] 南派少林拳
 "Shaolin" Temple ["shaolin" 'templ] 少林寺
 "Shaolin" Thirteen-Holds Boxing
 ["shaolin" 'θɜ:tɪ:n-houldz 'bəksɪŋ] 少林十三抓
 "Shaolin" Walking Boxing ["shaolin" 'wɔ:kɪŋ 'bəksɪŋ]
 少林行拳
 "Shaolin Wushu" ["shaolin wúshù"] 少林武术
 "Shaolin Xin Yi Ba" (Will Exercise)
 ["shaolin xin yi ba" (wil 'eksəsaiz)] 少林心意把
 "shaoshang" ["shaoshang"] 少商
 "shaoze" ["shaoze"] 少泽
 sheath [ʃi:θ] 刀鞘
 sheathe [ʃi:ð] 入鞘(刀、剑等)
 "shenmen" ["shenmen"] 神门
 "shenshu" ["shenshu"] 肾俞
 "shenting" ["shenting"] 神庭
 "shenzhu" ["shenzhu"] 身柱
 shield [ʃi:ld] 盾牌
 shield and broadsword dance [ʃi:ld ænd 'brɔ:dsɔ:d da:ns]
 盾牌刀舞
 Shield and Sabre vs. Three-Section Staff and Eyebrow-
 Level Staff
 [ʃi:ld ænd 'seibe 'və:səs θri:-'sekʃən stɑ:f ænd 'aibrau-

'levl sta:f] 盾牌刀对三节棍、齐眉棍

shift wight ['ʃift weit] 转移重心

shift weight forward ['ʃift weit 'fɔ:wəd] 重心前移

shifty ['ʃifti] 善于闪躲

shin guard [ʃin ga:d] 护腿

short and vigorous (set moves)

[ʃɔ:t ænd 'vigerəs (set mu:vz)] 短小精悍

Short Boxing [ʃɔ:t 'boksɪŋ] 短拳

short distance [ʃɔ:t 'distəns] 近距离

short intensive training method

[ʃɔ:t in'tensiv 'treiniŋ 'meθəd] 短冲训练法

short interval balance [ʃɔ:t 'intəval 'bæləns] 非持久性平衡

short sword [ʃɔ:t sɔ:d] 短剑，匕首

short-tassel sword [ʃɔ:t-'tæsəl sɔ:d] 短穗剑

short weapon [ʃɔ:t 'wepən] 短器械

short weapon combat [ʃɔ:t 'wepən 'kambət] 短兵格斗

"shoubo" (sparring) ["shoubo" ('spa:rɪŋ)] 手搏

shoulder ['souldə] 肩

shoulder and arm exercise ['souldə ænd ə:m 'eksəsaɪz] 肩臂练习

shoulder block ['souldə blək] 以肩阻挡

shoulder cudgel ['souldə 'kʌdʒəl] 拦棍

shoulder (elbow, wrist) joint ['souldə ('elbou, rist) dʒoint]

肩(肘、腕)关节

(shoulder) flip ['souldə flip] 肩摔

shoulder height [ʃouldə hait] 高与肩平
shoulder point [ʃouldə point] 肩峰
Shoulder Roll [ʃouldə roul] 抢背
shoulder spear [ʃouldə spiə] 背枪
shoulder stretch [ʃouldə stretʃ] 压肩
shoulder throw [ʃouldə θroa] 肩摔
Shoulder Whip in Empty Step [ʃouldə hwip in 'empti step]
虚步背鞭

shoulder width apart [ʃouldə widθ ə'pa:t] 与肩同宽
“shousanli” [“shousanli”] 手三里
shout cry [ʃaut krai] 喊，发声
shrug shoulders [ʃrʌg 'ouldəz] 耸肩
“shufu” [“shufu”] 俞府
shun [ʃʌn] 回避，躲开
“Sichuan” Southern Style Boxing

[“sichuan” 'saðən stail 'bɔkij] 四川南拳
side bow stance [said bou stæns] 横档步
side chop with ... [said tʃop wið ...] 侧劈...
Side-Diving Roll [said-'daivin roul] 抢背
Side Drop [said drɔp] 盘腿跌
Side Flip [said flip] 倒空翻
Side Handsprings [said 'hændsprinɔz] 侧手翻
side kick [said kik] 侧踢腿
side kick with heel [said kik wið hi:] 侧蹬腿
side kick with the outer-edge of foot
[said kik wið ðə 'autə-edʒ əv fut] 侧铲腿

- side leg press [said leg pres] 侧搬腿
side (leg) stretch [said (leg) stretʃ] 侧压腿
side of body [said əv'bodi] 体侧
side outer-edge kick [said 'aʊtə-edʒ kik] 侧铲腿
side sole kick [said soul kik] 端腿
side sole kick according to opponent's posture [said soul kik e'kə:din tu e'pou'nents 'pəstʃə] 顺势踹
side sole kick in defence [said soul kik in di'fens] 端防
side splits [saɪt splits] 竖叉
side step ['said step] 侧移步
side-stepping [said-'stepɪŋ] 向旁闪躲(侧闪)
side striking [said 'straɪkiŋ] 侧击
sideline coaching ['saɪdlain 'kɒntʃɪŋ] 场外指导
sidestep ['saɪdstep] 闪步
silver medal ['silvə 'medɪl] 银牌
simple and unadorned ['simpl ənd 'ʌnə'dɔ:nɪd] 朴实无华
simple attack ['simpl ə'tæk] 简单进攻
simple parry ['simpl 'pæri] 简单防守
simple return ['simpl ri'tə:n] 简单还击
simple riposte ['simpl ri'poust] 简单还击
simplified routine ['simplifaid ru:tɪ:n] 简化套路
Simplified “Taijiquan” ['simplifaid "taijiquan"] 简化太极拳
simultaneous action [,siməl'teinjəs 'ækʃən] 同时动作
simultaneous attack [,siməl'teinjəs ə'tæk] 同时进攻
simultaneous exchange of blows

- [siməl'teinjəs iks'tfeindʒ əv blouz] 互击
simultaneous hit [siməl'teinjəs hit] 互中
simultaneous touch [siməl'teinjəs tətʃ] 互中
Singing Crane Boxing ['sinɪŋ k'reɪn 'boksɪŋ] 鸣鹤拳
single arm circle ['singl ə:m 'so:kł] 单臂绕环
single broadsword ['singl 'brə:dso:d] 单刀
Single Broadsword Plus Whip Play
['singl 'brə:dso:d pləs hwip plei] 单刀加鞭
Single Broadsword vs. Spear [singl 'brə:dswə:d 'və:səs spiə]
单刀进枪
single butterfly stance ['singl 'bʌtəflai stæns] 单蝶步
Single Change Palm ['singl tʃeindʒ pa:m] 单换掌
single finger ['singl 'fɪŋgə] 单指
single-finger hand-stand
['singl-'fɪŋgə hænd-'stænd] 一指禅
single-fold stance ['singl fould stæns] 单蝶步
single-handed exercises ['singl-'hændid 'eksəsaiziz] 单推
手练习
Single Handed Whip Circling ['singl 'hændid hwip 'sə:klin]
单手拨花鞭
single leg stance ['singl leg stæns] 独立步
single movement ['singl 'mu:vment] 单个动作
single posture exercise ['singl 'pəstʃə 'eksəsaiz] 单势练习
single slap kick ['singl slæp kik] 单飞脚
single sword ['singl sə:d] 单剑
single weapon ['singl 'wepən] 单器械

single whip [ˈsinggl hwip] 单鞭
sink bridge [sɪŋk brɪdʒ] 沉桥
sink elbow [sɪŋk ˈelbou] 沉桥

Sink Waist and Press Elbow Down

[sɪŋk weist ænd pres ˈelbou daun] 煞腰压肘拳
sit-back [sit-bæk] 过桥摔
sit back (on hips) [sit bæk (ən hips)] 上体后坐
sit back with head-lock [sit-bæk wið hed-lók] 抱肩颈过桥摔

situation in which joint is bent backwards
[sɪtjuˈeisən in hwtʃ dʒoint iz bent ˈbækwədz] 处于反关节状态

Six Conformities and Eight Techniques
[siks kənˈfɔːmitiz ænd eit tekˈni:ks] 六合八法

Six Conformities Mantis Boxing
[siks kənˈfɔːmitiz ˈmæntis ˈboksɪŋ] 六合螳螂拳

Six Conformities Boxing [siks kənˈfɔːmitiz ˈboksɪŋ] 六合拳

Six Sealings and Four Closings [siks ˈsi:lɪŋz ænd fo: ˈklouzɪŋz] 六封四闭

Six-School Skill [siks sku:l skil] 六家艺

Six-Step Free Hand Boxing [siks-step fri: hænd ˈboksɪŋ] 六步散手

sixth place [siksθ pleis] 第六名

skill [skil] 技术，技能，技巧，熟练

skill in wielding the eighteen weapons

[skil in wi:lđij ðə 'eiti:n 'wepənz] 十八般兵器

skipping step ['skipinj step] 垫步

slap [slæp] 击掌

slap kick [slæp kik] 单飞脚

slap lotus kick [slæp 'loutəs kik] 摆莲拍脚

slap palm [slæp pa:m] 拍掌

slice [slais] 劈，砍，抹

slice horizontally with wsord [slais ,həri'zəntli wið sə:d]
平抹剑

slice with broadsword [slais 'brə:dsə:d] 抹刀

slice with sword [slais wið swə:d] 抹剑

slide hand along shaft [slaid hænd ə'lɔŋ ſa:ft] 滑把

sliding backward block in defence

['slaidinj 'bækwəd blək in di'fens] 回挂防

sliding step [slaidinj step] 滑步

slight inconformity with specifications

[slait ,inkən'fɔ:miti wið ,spesi'keiʃənz] 与要求轻微
不符

slingshot ['slinʃət] 弹弓

slip (out away) [slip (aut ə'wei)] 滑脱，闪开

Slippery Boxing ['slipəri 'bəksinj] 滑拳

slow and gentle [slou ænd 'dʒentl] 柔和缓慢

small and horizontal channels [smɔ:l ænd ,həri'zəntl 'tʃænlz]
络

Small Catching and Hitting [smɔ:l 'kaetʃin ænd 'hitinj] 小
擒打

Small Frame Eight Extremities Boxing

[smə:l freim eit iks'tremitiz 'bəksin] 小八极(拳)

Small Frame Hiding Tiger Boxing

[smə:l freim 'haidin 'taige 'bəksin] 小伏虎拳

Small Frame Red Boxing [smə:l freim red 'bəksin] 小红拳

small frame ("taijiquan") [smə:l freim ("taijiquan")] 小架

(太极拳)

small-twining hold [smə:l-'twainin] 小缠

smash [smæʃ] 破, 碰

Smash Fist in Horse-Riding Step

[smæʃ fist in hə:s-'raidiŋ step] 马步砸拳

smash with end of cudgel [smæʃ wið end əv 'kʌdʒəl] (盖把) 砸把

Smooth Elbowing [smu:ð 'elbou] 顺弯肘

smooth power [smu:ð 'pauə] 劲力顺达

smooth twining [smu:ð 'twainin] 顺缠

Snake Exercise [sneik 'eksəsaiz] 蛇形

Snake Style Boxing [sneik stil 'bəksin] 蛇拳

Snake Turns Back and Spits Out Its Tongue

[sneik tə:nz bæk ænd spits aut its tʌŋ] 背身吐信

snap head (around) [snæp hed (ə'raund)] 摆头

snap kick [snæp kik] 弹腿

Snap Kick and Punch Fist [snæp kik ænd pʌts fist] 弹冲拳

腿冲拳

Snap Kick in Flight [snæp kik in flait] 腾空箭弹

Snap Leg Boxing [snæp leg 'bəksin] 弹腿

snap palm [snæp pɑ:m] 挑掌
snap wrists [snæp rɪst] 抖腕
snap wrist and flash palm [snæp rɪst ænd 'flæʃ pɑ:m] 抖腕亮掌

Soft Boxing [sɔft 'bəksɪŋ] 缠拳
soft exercise [sɔft 'eksəsaɪz] 软功
soft palm [sɔft pɑ:m] 绵掌
soft rib [sɔft rib] 软肋
soft weapon [sɔft 'wepən] 软兵器
soft whip [sɔft hwip] 软鞭
softness [sɔftnis] 柔和
softness controlling hardness

[sɔftnis kən'trəulɪŋ 'ha:dni:s] 以柔克刚

softness dwells in hardness [sɔftnis dwelz in 'ha:dni:s] 柔中寓刚

sole [soul] 脚底

solid [sɔlid] 实

somersault [sʌməsɔ:lt] 前滚翻

“Songshan” Mauntains [“shongshan” 'mauntinz] 嵩山

Southern Style Boxing ['sʌðən stail 'bəksɪŋ] 南拳

southern-style boxing emphasizes fist techniques while northern-style emphasizes leg techniques

[sʌðən-stail 'bəksɪŋ 'emfəsaiziz fist tek'ni:ks hwail

'nɔ:ðən-stail 'emfəsaiziz leg tek'ni:ks] 南拳北腿

Space Boxing [speis 'bəksɪŋ] 太空拳

Spare time “Wushu” School [speə taim “wushu” sku:l]

业余武术学校

- sparring [ˈspa:rɪŋ] 对练
- sparring match [ˈspa:rɪŋ mætʃ] 散手比赛
- Sparrow Hawk Exercise [ˈspærəu hɔ:k ˌeksəsaɪz] 鸽形
- Sparrow Hawk Flies into Woods
[ˈspærəu hɔ:k flaiz ˈintu wudz] 鸽子入林
- Sparrow Hawk Flips Over [ˈspærəu hɔ:k flips ˈouvə] 鸽子翻身
- Sparrow Hawk Ready to Fly [ˈspærəu hɔ:k ˈredi tu flai]
鸽子束身
- Sparrow Hawk Soars into Sky [ˈspærəu hɔ:k sə:z ˈintu skai]
鸽子钻天
- Sparrow Hawk Style Boxing [ˈspærəu hɔ:k stail ˈbɔksɪŋ]
鸽子拳
- spear [spiə] 枪，矛
- spear coil [spiə kɔɪl] 缠枪
- spear figure-8 [spiə ˈfigə-eɪt] 舞花枪
- spear flick [spiə flik] 崩枪
- spear head [spiə hed] 枪头
- spear play [spiə plei] 枪术
- spear sweep [spiə swi:p] 扫枪
- spear techniques [spiə tek'ni:ks] 枪法
- Spear Versus Spear [spiə ˈvə:səs spiə] 对扎枪
- Spear vs. Shield [spiə ˈvə:səs ſi:ld] 枪对牌
- spearplay like an undulating dragon
[ˈspiəplei laik ən ˈʌndjuleitŋ ˈdrægən] 枪如游龙

specific movement [spi'sifik 'mu:vmənt] 具体动作
specific standards [spi'sifik 'stændədz] 具体标准
specific style [spi'sifik stil] 风格独特
specific technique [spi'sifik tek'ni:k] 专项技术
specific training [spi'sifik 'treinin] 单项训练
specification of movement [spesifi'keiʃən əv 'mu:vmənt]

动作规格(标准)

speed [spi:d] 速度
speed training [spi:d 'treinin] 速度训练
speed up [spi:d ʌp] 加速
spin [spin] 旋转
spin with wsord [spin wið sə:d] 云剑
spinal column ['spainl 'kələm] 脊柱
spine [spain] 脊柱
spine of sword [spain əv sə:d] 剑脊
spinning butterfly ['spiniŋ 'bʌtəflai] 旋子转体
spinning freely ['spiniŋ 'fri:li] 旋转自如
spinning lotus kick ['spiniŋ 'loutəs kik] 转身摇莲
spirit ['spirit] 精神
spirit, will, vital energy and strength
['spirit, wil, 'vaitl 'enədʒi ænd strenθ] 精神, 意气, 力
spirited ['spiritid] 精神饱满
split [split] 劈
splitting pose ['splitin pouz] 劈架子
sportsman ['spo:tsmən] 男运动员

sportswoman [‘spɔ:tswumən] 女运动员
spotting and assistance training

[‘spɔ:tɪŋ ænd ə’sistəns ‘treɪniŋ] 保护与帮助
spread feet apart [spred fi:t ə’pa:t] 开步
spread palms and kick [spred pa:mz ænd kik] 分掌踢腿
spring [sprɪŋ] 弹
spring fist [sprɪŋ fist] 弹拳
spring palm [sprɪŋ pa:m] 弹掌
spring up like an ape [sprɪŋ ʌp laik ən eip] 起如猿
squat down [skwət daun] 蹲下
squat-hop [skwət-həp] 蹤跳
squatting stance [‘skwətɪŋ stæns] 跪步
stab [stæb] 刺, 扎
stab wrist in bow step [stæb rist in bou step] 弓步点(刺)腕
stable [‘steibl] 沉稳
staff [sta:f] 棒
staff fight [sta:f fait] 使棒(较棒)
staff play [sta:f plei] 棍术
stake exercise [steik ‘eksəsaiz] 桩功
stamp [stæp] 震脚
stamp both feet [stæmp bəuθ fi:t] 双震脚
stamp foot [stæmp fut] 震脚
stamp step and punch upward
[stæmp step ænd pʌntʃ ‘ʌpwəd] 震步上冲拳
stamping step [‘stæmpin step] 踏步
stance [stæns] 步型

stance and footwork exercise [stæns ænd 'fʊtwə:k 'eksəsaɪz]

步型步法练习

stance exercise [stæns 'eksəsaɪz] 桩功

stance form [stæns fo:m] 步型

stand like a pine [stænd laik ə 'pain] 站如松

stand on one leg and thrust sword

[stænd ən wʌn leg ænd θrʌst sɔ:d] 独立刺剑

stand on one leg like a crane [stænd ən wʌn leg laik ə krein]

立如鹤

stand on the line [stænd ən ðə lain] 践线

stand straight and centred [stænd streit ænd 'sentəd] 立身
中正

stand with feet apart [stænd wið fi:t ə'pa:t] 开步站立

stand upright with feet together

[stænd ʌprait wið fi:t ta'geðə] 并步直立

standard of movement ['stændəd əv 'mu:vment] 动作标准

standardization ['stændədaɪ'zeɪʃən] 规格化

standards for deduction ['stændədz fo:dɪ'dʌkʃən] 扣分标准

standards of evaluation ['stændədz əv i'velju'eɪʃən] 评分
标准

standing leg ['stændɪŋ leg] 支撑腿

standing palm ['stændɪŋ pa:m] 立掌

starting position ['sta:tɪŋ pə'zɪʃən] 起势

stationary defence ['steɪʃənri dɪ'fens] 原位防守

stay clear of the rival's attacks and hit at his weak points

[stei klɪə əv ðə 'raɪvəlz ə'tækṣ ænd hit ət his wi:k 'poɪnts]

避实击虚

steady ['stedi] 沉稳的

steady and composed ['stedi ænd kəm'pouzd] 沉着稳健

steady as a mountain ['stedi əz ə 'mauntin] 稳如山

steady footwork ['stedi 'futwə:k] 步法稳固

step [step] 步，迈步

step back and press elbow [step bæk ænd pres 'elbow] 退步压肘

step back and whirl arms on both sides

[step bæk ænd hwə:l a:mz ən bouθ saidz] 倒卷肱

step backward [step 'bækwəd] 退步

Step Backwards and Beat the Tiger

[step 'bækwədz ænd bi:t ðə 'taigə] 退步打虎

Step Backwards and Mount the Tiger

[step 'bækwədz ænd maunt ðə 'taigə] 退步跨虎

Step Backwards Straddle the Tiger

[step 'bækwədz 'stra:dł ðə 'taigə] 退步跨虎

step by step [step bai step] 逐步

step forward and chop at head [step 'fɔ:wəd ænd tʃəp ət hed]

上步劈头

step forward and punch fist

[step 'fɔ:wəd ænd pʌntʃ fist] 上步冲拳

step forward and thrust sword backward

[step 'fɔ:wəd ænd θrʌst sə:d 'bækwəd] 上步回刺剑

step forward, arc palm [step 'fɔ:wəd, ə:k pa:m] 上步撩掌

step forward chop palm [step 'fɔ:wəd tʃəp pa:m] 上步砍

掌

step forward in defence [step 'fə:wad in dɪ'fens] 上步防守
step forward in time [step 'fə:wad in taim] 上步及时
Step Forward with Seven Stars [step 'fə:wad wið 'sevn sta:z]

上步七星

step sideways [step 'saidweiz] 侧移步
step to the side [step tu ðə said] 侧移步
step up, parry and punch [step ʌp, 'pæri ænd pʌntʃ] 进步搬拦捶

Step Up to Form Seven Stars [step ʌp tu fə:m 'sevn sta:z] 上步七星

stick [stik] 刺，戳，粘，贴
stick to each other without being separated
[stik tu i:tʃ 'əðə wiðaut 'bi:ŋ 'sepərətid] 沾连粘随
stick to opponent [stik tu ə'pounənt] 身体贴靠对方
sticking force ['stikiŋ fə:s] 粘劲
sticky-spear ['stiki-spiə] 粘枪
stiff force [stif 'fə:s] 僵硬顶劲
stillness controlling movement
['stilnis kən'trəulin] 以静制动

stomach ['stʌmek] 腹
straight-arm chop with fist [streit-a:m tʃɔp wið fist] 劈拳
straight blow [streit blou] 直拳
straight body drop [streit 'bodi drɔp] 栽碑
straight fall [streit fə:l] 栽碑
straight left [streit left] 左直拳

straight left blow [streit left blou] 左直拳

straight leg [streit leg] 腿(伸)直

straight leg kick [streit leg kik] 摆性直腿法

straight punch [streit pʌntʃ] 直拳

straight right [streit rait] 右直拳

straight right blow [streit rait blou] 右直拳

straight thrust [streit θrʌst] 直刺

straight thrust in bow step [streit θrʌst in bou step] 弓步
直刺

straight torso [streit 'tɔ:sou] 直腰

straight wrist [streit rist] 直腕

straighten ['streitn] 瞪直, 伸直

straighten leg in defence ['streitn leg in di'fens] 瞪腿防

straighten right leg ['streitn rait leg] 右腿蹬直

strangle hold ['stræŋgl hould] 卡脖子

strength [strenθ] 力量

stress dynamic (element) [stres dai'næmɪk ('elɪmənt)] 主动

stress hard (element) [stres ha:d ('elɪmənt)] 主刚

stress soft (element) [stres soft ('elɪmənt)] 主柔

stress static (element) [stres 'stætɪk ('elɪmənt)] 主静

stretch forward [stretʃ 'fa:wəd] 前伸

stretch leg in crouch stance [stretʃ leg in kraʊtʃ stæns]

仆步压腿

stretch leg [stretʃ leg] 压腿

stretch out [stretʃ aut] 伸展开, 伸直

stride [straɪd] 跨步

- strike [straik] 击打
- strike face like cannon [straik feis laik 'kænən] 当头炮
- strike groin with fist [straik grain wið fist] 指裆捶
- strike hinder with elbow [straik 'hinder wið 'elbow] 撤拦肘
- strike opponent's ears with both fists
[straik ə'póunəntz iaz wið bouθ fists] 双峰掼耳
- strike staff on a large plane [straik sta:f ən ə la:dʒ plein]
棍打一大片
- strike with left fist and right fist in quick succession
[straik wið left fist ænd rait fist in kwik sæk'seʃən]
左右连续攻击
- strike with palm [straik wið pa:m] 掌击
- strong rhythm [strɔŋ 'riðəm] 节奏性强
- structure of movement ['straktʃə əv 'mu:vment] 动作结
构
- structure of routine ['straktʃə əv ru:t'i:n] 套路结构
- structure of set ['straktʃə əv set] 套路结构
- style [stail] 风格, 特点
- sudden burst of force ['sʌdn bə:st əv fo:s] 爆发力
- sumo ['su:mou] 相扑
- sun and moon heaven and earth sabre
[sʌn ænd mu:n 'hevn ænd ə:θ 'seibe] 日月乾坤刀
- “Sun” Style “Taijiquan” [“sun” stail “taijiquān”] 孙式
太极拳
- “Sunbinquan” [“sunbinquan”] 孙膑拳
- superior position [sju(:)piəriər pə'ziʃən] 顺势

support with hands and sweep backward

[sə'pə:t wið hændz ænd 'swi:p 'bækwəd] 伏地后扫

supporting leg [sə'pə:tɪŋ leg] 支撑腿

Swallow Balance ['swəlou 'bæləns] 燕式平衡

Swallow Exercise ['swəlou 'eksəsaɪz] 燕形

Swallow Flies into Woods ['swəlou flaiz 'intu wədz] 燕入林

子入林

sweep [swi:p] 扫

sweep broadword in crouch step

[swi:p 'brɔ:dsə:d in kraʊtʃ step] 仆步扫刀

sweep (leg) [swi:p (leg)] 扫腿

sweep leg backwards [swi:p leg 'bækwədz] 后扫腿

sweep leg forward [swi:p leg 'fɔ:wəd] 前扫腿

sweep spear in crouch step [swi:p spie iñ kraʊtʃ step] 仆步扫枪

步扫枪

sweep whip [swi:p hwip] 扫鞭

sweep whip in butterfly [swi:p hwip iñ 'bʌtəflai] 旋子扫鞭

sweep whip under body while rolling

[swi:p hwip 'ʌndə 'bodi hwail 'roulin] 仰身滚动下扫鞭

鞭

sweep with broadsword [swi:p wnð 'brɔ:dsəd:] 扫刀

sweep with end of cudgel [swi:p wnð end əv 'kʌdʒəl] 扫把

把

sweep with sword [swi:p wið sə:d] 扫剑

sweeping and elegant ['swi:pɪŋ ænd 'elɪgənt] 潇洒飘逸

sweeping fist ['swi:pɪŋ fist] 横拳

sweeping kick [’swi:pɪŋ kɪk] 扫腿

sweeping side punch [’swi:pɪŋ saɪd pʌntʃ] 撮拳

swift and fierce [swif t ænd fɪəs] 快速凶猛

swift and powerful [swif t ænd ’pauəfʊl] 快速猛烈

swing [swɪŋ] 摆动

swing arms, crouch down and slap floor.

[swɪŋ ə:mz, kraʊtʃ daun ænd slæp flɔ:] 仆步抢拍

swing downward [swɪŋ ’daunwə:d] 下摆

swing head and lash whip [swɪŋ hed æn lætʃ hwip] 甩头

打鞭

swing leg inward [swɪŋ leg ’inwə:d] 里合腿

swing leg inward over whip [swɪŋ leg ’inwə:d ’ouvə hwip]

里骗马鞭

swing leg outward [swɪŋ leg ’autwə:d] 外摆腿

swing leg outward over whip [swɪŋ leg ’autwə:d ’ouvə hwip]

外骗马鞭

swing of the arm [swɪŋ əv ði: ə:m] 挥臂，摆臂

swing spear downward and slam on ground

[swɪŋ spiə ’daunwə:d ænd slæm ən graund] 摆枪

swing whip around neck [swɪŋ hwip ə’raund nek] 拨鞭缠

脖

swingover [’swiŋouvə] 抢

swingover punch [’swiŋouvə pʌntʃ] 抢拳

sword [sɔ:d] 刀，剑

sword-blade [sɔ:d bleid] 剑身

sword-dance [sɔ:d-dɑ:ns] 剑舞

- sword figure-8 [sɔ:d 'figə-eit] 剪腕花
- sword-fingers [sɔ:d-'fɪŋgəz] 剑指, 剑诀
- sword hand [sɔ:d hænd] 持剑手
- sword play ['sɔ:d plei] 剑术
- sword-tassel [sɔ:d-'tæsəl] 剑穗
- sword techniques [sɔ:d tek'ni:ks] 剑法
- Sword vs. Shield [sɔ:d 'və:səs ʃi:ld] 剑对牌
- Sword vs. Sword [sɔ:d 'və:səs sɔ:d] 对刺剑
- swordmanship ['sɔ:d'mænʃip] 剑术
- swordplay like a flying phoenix
['sɔ:dplei laik ə 'flaiiŋ 'fi:niks] 剑似飞凤
- symmetrical ['simetrikəl] 对称, 匀称
- synchronize steps with body turns
['sɪŋkrənaɪz steps wið 'bədi tə:nz] 移步与转体一致

T

- T-bow-step [ti:-bou-step] 丁字弓步
- T-stance [ti:-stæns] 丁字步
- T-step (position) [ti:-step (pə'zɪʃən)] 丁字步
- tactics ['tæktiks] 战术
- tactics awareness ['tæktiks ə'weənis] 战术意识
- “taichong” [“taichong”] 太冲
- “taiji” [“taiji”] 太极

“Taiji” Ball Play [“taiji” tɔ:l plei] 太极球

“Taiji” Boxing [“taiji” bəksin] 太极拳

“Taiji” Broadsword Play [“taiji” ‘bro:dsə:d plei] 太极
刀

“Taiji” Mantis Boxing [“taiji” ‘mæntis ‘bəksin] 太极螳螂
拳

“Taiji”-Plum-Blossom Mantis Boxing

[“taiji”-plʌm-’bləsəm ‘mæntis ‘bəkɪŋ] 太极梅花螳螂
拳

“Taiji” Push-Hands [“taiji”-puʃ hændz] 太极推手

“taiji” push-hands competition

[“taiji” puʃ hændz kəmpɪ’tiʃn] 太极推手比赛

“Taiji” Ruler Play [“taiji” ‘rulə plei] 太极尺

“Taiji” Swordplay [“taiji” ‘sə:dplei] 太极剑

“Taijiquan” [“taijiquan”] 太极拳

“Taijiquan” Academy [“taijiquan” e’kædəmi] 太极拳学院

tail [teil] 跟进

“taixi” [“taixi”] 太溪

“taiyang” [“taiyang”] 太阳

“Taiyi”-Five-Element-Boxing

[“taiyi”-faiv-’elément ‘bəksin] 太乙五行拳

“taiyuan” [“taiyuan”] 太渊

take a step forward [teik ə step ‘fə:wəd] 上步

take a step sideways [teik ə step ‘saɪdweɪz] 侧迈步

take half a step forward [teik ha:f ə step ‘fə:wəd] 上半步

take left sidestep in defence [teik left ‘saɪdstep in di’fens]

左闪步防守

- take-off [teik-ə(ɔ:)f] 起跳
take-off foot [teik-ə(ɔ:)f 'fʊt] 起跳脚
take-off on right foot [taik-ə(ɔ:)f ən rait fʊt] 右脚起跳
take over [teik 'ouvə] 接管
take sidesteps [teik 'saɪdsteɪps] 闪步
take the field [teik ðə fi:d] 出场，上场
take the opportunity [teik ði: 'əpə'tju:nɪti] 乘机
Tame the Tiger [teim ðə 'taɪgə] 伏虎
“tanzhong” (“tanzhong”) 腊中
target [ta:gɪt] 有效部位，目标
target areas [ta:gɪt 'eəriəz] 有效部位，可击面积
target of attack [ta:gɪt əv ə'tæk] 进攻目标
tassel [tæsəl] 穗，缨
tassel of spear [tæsəl əv spiə] 枪缨
teach [ti:tʃ] 教，指导
teaching and training [ti:tʃɪŋ ənd 'treɪniŋ] 教学与训练
technical feature [teknikəl 'fi:tʃə] 技术特点
technical level [teknikəl 'levl] 技术水平
technical training [teknikəl 'treɪniŋ] 技术训练
technical characteristics [teknikəl ,kærɪkter'istikəs] 技术特
点
technique drill [tek'nɪ:k dril] 技术训练
teeth [ti:θ] 牙
temple [templ] 太阳穴
tempo ['tempou] 频率

tempt [tempt] 引诱

test [test] 测验

the art of offence and defence [ði:ə:t əv ə'fens ənd di'fens]

攻防术

the belt channel [ðə belt 'tʃænl] 带脉

The Black Dragon Coils Around a Pillar

[ðə blæk 'drægen koilz ə'raund ə 'pile] 乌龙绞柱

the force that is neither too weak nor too strong

[ðə fo:s ðæt iz 'naiðə tu: wi:k nə: tu: strɔŋ] 捶劲

The Four Routines of Chase and Strike Boxing

[ðə fo:ru:tɪnz əv tseis ænd straik 'bəksɪŋ] 四路奔打

(拳)

the gall bladder channel of foot “shao yang”

[ðə ɡə:l 'blædə tʃænl əv fut "shao yang"] 足少阳胆经

the heart channel of hand “shao yin”

[ðə ha:t 'tʃænl əv hænd "shao yin"] 手少阴心经

the kidney channel of foot “shao yin”

[ðə 'kidni 'tʃænl əv fut "shao yin"] 足少阴肾经

the large intestine channel of hand “yang ming”

[ðə la:dʒ in'testin 'tʃænl əv hænd "yang ming"] 手阳

明大肠经

the liver channel of foot “jue yin”

[ðə 'livə 'tʃænl əv fut "jue yin"] 足厥阴肝经

the lung channel of hand “tai yin”

[ðə laŋ 'tʃænl əv hænd "tai yin"] 手太阴肺经

the martial spirit [ðə 'ma:ʃəl 'spirit] 尚武精神

the motility channel of “yang”

[ðə məʊ'tiliti 'tʃænl əv "yang"] 阳跷脉

the motility channel of “yin”

[ðə məʊ'tiliti 'tʃænl əv "yin"] 阴跷脉

The Nine Routines of Wounding Boxing

[ðə naɪn ru:tɪ:nz əv 'wʊndɪŋ 'bəksɪŋ] 九路伤拳

the pericardium channel of hand “jue yin”

[ðə 'peri'ka:djəm 'tʃænl əv hænd "jue yin"] 手厥阴
心包经

the regulating channel of “yang”

[ðə 'regjuleitŋ 'tʃænl əv "yang"] 阳维脉

the regulating channel of “yin”

[ðə 'regjuleitŋ 'tʃænl əv "yin"] 阴维脉

the “san jiao” channel of hand “shao yang”

[ðə "san jiao" 'tʃænl əv hænd "shao yang"] 手少阳三
焦经

the small intestine channel of hand “tai yang”

[ðə smɔ:l in'testin 'tʃænl əv hænd "tai yang"] 手太
阳小肠经

the spear is king of the “Wushu” weapons

[ðə spiə iz kiŋ əv ðə "wushu" 'wepənz] 枪为兵器
之王

the spleen channel of foot “tai yin”

[ðə spli:n 'tʃænl əv fut "tai yin"] 足太阴脾经

the splits [ðə splits] 劈叉

the stomach channel of foot “yang ming”

[ðə 'stʌmək 'tʃænl əv fut "yang ming"] 足阳明胃经

The Ten Routines of Snap Kick Boxing

[ðə ten ru:'ti:nz əv snæp kik 'bəksin] 十路弹腿

The Thirty-Six Forms of "Xiaohong" Boxing

[ðə 'θə:ti-siks fɔ:mz əv "xiaohong" 'bəksin] 小洪拳三

十六式

The Thriy-Six Routines of "Songjiang" Boxing

[ðə 'θə:ti-siks ru:'ti:nz əv "songjiang" 'bəksin] 三十

六路宋江拳

the urinary bladder channel of foot "tai yang"

[ðə 'juərinəri 'blædə 'tʃænl əv fut "tai yang"] 足太
阳膀胱经

The Twelve Routines of Snap Kick Boxing

[ðə twelv ru:'ti:nz əv snæp kik 'bəksin] 十二路弹腿

there is mind in posture, and posture in mind

[ðə:z iz maind in 'pəstʃə, ænd 'pəstʃə in maind] 形中
有意，意中有形

thigh [θai] 大腿

third category [θə:d 'kætigəri] 第三类

third class judge [θə:d klɑ:s dʒɑ:dz] 三级裁判员

third place [θə:d pleis] 第三名

Thrity-Eight Forms "Chen"-Style "Taijiquan"

[θə:ti-eit fɔ:mz "chen"-stail "taijiquan"] 陈式三十
八式太极拳

Thrity-Six Close Contact Skills Boxing

[θə:ti-siks 'klouz 'kəntækt skilz 'bəksin] 三十六闭手

Thirty-Two Forms Long Boxing

[θə:ti:tu: fə:mz ləŋ 'boksɪŋ] 三十二式长拳

Thirty-Two Forms "Taiji" Swordplay

[θə:ti:tu: fə:mz "taiji" 'sə:dpleɪ] 三十二式太极剑

thoracic breathing [θə(,:)ræsɪk 'bri:ðɪŋ] 胸式呼吸

thorax ['θə:ræks] 胸

those with careers in the field of "Wushu".

[ðouz wið kə'riəz in ðə fi:ld əv "wushu"] 武术工作者

thread bridge [θred brɪdʒ] 穿桥

Three-Emperor Cannon Boxing

[θri: 'empərə 'kænen 'boksɪŋ] 三皇炮捶

three-foot-long sword [θri:fʊ:t-ləŋ sə:d] 三尺剑

three forms [θri: fə:mz] 三型

three-in-one form [θri:-in-wʌn fə:m] 三体式

Three-Man Combat [θri:-mæn 'kəmbət] 三人对拳

Three-Man Contest [θri-mæn kən'test] 三人对打

Three-Man Cudgel Play [θri:-mæn 'kʌdʒəl pleɪ] 三人对棍

three-section staff [θri:-sekʃən sta:f] 三节棍

three steps forward and three steps backward

[θri: steps 'fə:wəd ænd θri: steps 'bækwəd] 进三退三

three steps forward and two steps backward

[θri: steps 'fə:wəd ænd tu: steps 'bækwəd] 进三退二

three-tined fork [θri:-'taɪnd fə:k] 三股叉

three to seven stance [θri: sevn stæns] 三七步

three "yang" channels of foot [θri: "yang" 'tʃænz əv fut]

足三阳经

three "yang" channels of hand [θri: "yang" 'tʃænlz əv hænd] 三阳经

手三阳经

three "yin" channels of foot [θri: "yin" 'tʃænlz əv fu:t] 三阴经

足三阴经

three "yin" channels of hand [θri: "yin" tʃænlz əv hænd] 三阴经

手三阴经

Through-the-Back Boxing [θru:-ðə-bæk 'bəksɪŋ] 通背拳

throw down [θrou daun] 摔倒

throw head [θrou hed] 甩头(摆头)

throw in the towel [θrou in ðə 'tauə] 弃权, 放弃

throw opponent to the ground

[θrou ə'pounənt tu ðə graund] 将对方摔倒

throwing method ['θrouiŋ 'meθəd] 摔法

thrust [θrʌst] 扎, 刺

thrust broadsword [θrʌst 'brɔ:dsə:d] 扎刀

thrust fist [θrʌst fist] 冲拳

thrust fist downward in seated step

[θrʌst fist 'daunwəd in 'si:tid step] 歇步下冲拳

thrust hand [θrʌst hænd] 穿手

thrust palm [θrʌst pa:m] 标掌

thrust palm downward [θrʌst pd:m 'daunwəd] 插掌

thrust spear [θrʌst spiə] 扎枪

thrust spear downward [θrʌst spiə 'daunwəd] 下扎枪

thrust spear horizontally forward at chest level

[θrʌst spiə ,həri'zəntli 'fə:wəd ət tʃest 'levl] 中平扎枪

thrust spear in straight line [θrʌst spiə in streit lain] 枪扎

一条线

thrust spear like shooting an arrow, in and out along one line
[θrʌst spiə laik 'ju:tɪŋ ən 'ærou, in ænd aut ə'lɔŋ wʌn
lain] 刺枪如射箭，往来一条线

thrust spear upward [θrʌst spiə 'ʌpwəd] 上扎枪

thrust sword [θrʌst sə:d] 刺剑

thrust with end of cudgel [θrʌst wið end əv 'kʌdʒəl] 戳棍

thumb [θʌm] 拇指

thump [θʌmp] 重击

“tianchi” [“tianchi”] 天池

“tianchong” [“tianchong”] 天冲

“tianchuang” [“tianchuang”] 天窗

“tianfu” [“tianfu”] 天府

“tianshu” [“tianshu”] 天枢

“tiantu” [“tiantu”] 天突

“tianzhu” [“tianzhu”] 天柱

tiger claw [taigə klə] 虎爪

Tiger-Crane Double Style Boxing

[taigə-krein 'dbl stail 'bəksin] 虎鹤双形拳

Tiger Exercise [taigə 'eksəsaiz] 虎形

Tiger Pounce [taigə pauns] 扑虎

Tiger Springs on Prey [taigə sprɪŋz ən prei] 猛虎扑食

Tiger Style Boxing [taigə stail 'bəksin] 虎拳

tiger's-paw hand [taigəz-pə:hænd] 虎爪

tight [tait] 紧，紧的

tilt [tilt] 崩

- tilt broadsword [tilt 'brə:dso:d] 崩刀
tilt cudgel [tilt 'kʌdʒəl] 崩棍
tilt palm in high empty step
[tilt pa:m in hai 'empti step] 高虚步挑掌
tilt spear [tilt spiə] 崩枪
tilt sword [tilt so:d] 崩剑
time [taim] 时间, 次, 倍数
time-keeper [taim-'ki:pə] 计时员
timely defence ['taimli di'fens] 防守及时
timely forward step ['taimli 'fɔ:wəd step] 上步及时
“tinghui” (“tinghui”) 听会
tip of broadsword [tip əv 'brə:dso:d] 刀尖
tip of cudgel [tip əv 'kʌdʒəl] 棍梢
tip of foot hooked in [tip əv fu:t hu:kt in] 脚尖内扣
tip of spear [tip əv spiə] 枪尖
tip of sword [tip əv so:d] 剑尖
tip of tongue [tip əv tʌŋ] 舌尖
tip of tongue touching hard palate
[tip əv tʌŋ 'tʌtsjɪŋ ha:d 'pælit] 舌尖抵上腭
tip-section [tip-'sekʃən] 梢节
toe-in step [tou-in step] 扣步
toe-out step [tou-aut step] 摆步
toes [touz] 脚趾
toes grasp the ground [touz gra:sp ðə graund] 脚趾抓地
toes inward [touz 'inwə:d] 脚尖内扣
toes on floor [touz ən flɔ:] 脚尖点地

- toes on ground [touz ən 'graund] 脚尖点地
toes outward [touz 'autwəd] 脚尖外撇
toes pointed [touz 'poɪntid] 脚尖面
toes pointing outward [touz 'pɔɪntɪŋ 'autwəd] 脚尖外展
toes pointing slightly inward [touz 'pɔɪntɪŋ 'slaitli 'inwəd] 脚微内扣
toes turned out [touz 'tə:nd aut] 脚尖外展
“Tongbei Quan” [“tongbei quan”] 通背拳
“tongtian” [“tongtian”] 通天
tongue [tʌŋ] 舌
top of head [təp əv hed] 颅顶
topple over backwards [‘topl ‘ouva ‘bækwədz] 向后绊摔
tornado kick [tə:’neidou kik] 旋风脚
toss spear [təs spiə] 抛枪
total points [‘toutl poɪnts] 总分
total score [‘toutl skɔ:] 总成绩
tournament [‘tuənəmənt] 比赛，竞赛
toward [tə’wə:d] 朝、向
traditional [trə’diʃənl] 传统的
traditional chinese boxing [trə’diʃənl ‘tʃai’ni:z ‘boksɪŋ]
传统拳术
traditional routine [trə’diʃənl ru:’ti:n] 传统套路
train [treɪn] 训练
training bag [‘treiniŋ bæg] 练习袋
training cycle [‘treiniŋ ‘saikl] 训练周期
training effect [‘treiniŋ i’fekt] 训练效果

- training ground ['treiniŋ grəund] 训练场地
training hall ['treiniŋ hɔ:l] 训练馆
training intensity ['treiniŋ in'tensiti] 训练强度
training load ['treiniŋ loud] 训练负荷，运动量
training methods ['treiniŋ 'meθədz] 训练方法
training period ['treiniŋ 'piəriəd] 训练期
training plan ['treiniŋ plæn] 训练计划
training program ['treiniŋ 'prougræm] 训练大纲
training room ['treiniŋ ru:m] 训练房
training schedule ['treiniŋ 'skedʒul] 训练进度表
training session ['treiniŋ 'sesjən] 训练课
transfer weight onto ... [træns'fə: weit 'əntu ...] 重心
 转移到.....
transfer weight onto left foot [træns'fə: weit 'əntu left fut]
 重心移至左脚
transition movement [træn'siʒən 'mu:vment] 过渡动作
tremendous force [tri'mendəs fo:s] 巨力
triangle-step ['traiæŋgl-step] 三角步
trident ['traɪdənt] 三股叉
trip ..[trip].. 绊
trip from behind [trip frəm bi'haind] 向后绊摔
triple-pointed double-bladed long-hilt sabre
 ['tripl-'pɔɪntid 'dʌbl-'bleidid lɔŋ-hilt 'seɪbə] 三尖两刃
 刀
trunk [trʌnk] 躯干
(trunk) leaning backward [(trʌnk) 'li:nin 'bækwəd] 上体

后倾

- (trunk) leaning forward [(trʌŋk) 'li:nɪŋ 'fɔ:wəd] 上体前倾
trunk upright [trʌŋk 'ʌprait] 上体正直
try out [trai aut] 选拔
tumbling ['tʌmblɪŋ] 跌扑滚翻
tumbling exercise ['tʌmblɪŋ 'eksəsaɪz] 跌扑滚翻练习
turn [tə:n] 转
Turn and Strike Face like Cannon
[tə:n ænd straik feis laik 'kænən] 回头当门炮
turn-back palm [tə:n-bæk pɑ:m] 背身掌
turn body [tə:n 'bədi] 转身
turn body and circle whip on back
[tə:n 'bədi ænd 'sə:kl hwip ən bæk] 转身背花鞭
turn body and cross kick [tə:n 'bədi kros kik] 转身十字腿
turn body and deflect (opponent's) arm
[tə:n 'bədi ænd dɪ'flekt (ə'pounənts) ə:m] 转身大捋
turn body and lotus kick [tə:n 'bədi ænd 'lotus kik] 转身摆莲
turn body and jump slap kick
[tə:n 'bədi ænd dʒʌmp slæp kik] 翻身二起脚
Turn Body and Pounce Like Tiger
[tə:n 'bədi ænd pauns laik 'taigə] 翻身扑虎
turn body and straighten leg in defence
[tə:n 'bədi ænd 'streitn leg ɪn di'fens] 转体蹬腿防守
turn body and swing whip horizontally
[tə:n 'bədi ænd swiŋ hwip ,həri'zəntli] 转身平抡鞭

turn body and throw fist [tə:n 'bədi ænd θrou fist] 转身

撒身捶

turn body flying lotus kick

[tə:n 'bədi 'flaiŋ 'loutəs kik] 腾空转身摆莲

turn body jumping slap kick [tə:n 'bədi 'dʒʌmpɪŋ slæp kik]

腾空转身飞脚

turn body in defence [tə:n 'bədi in dī'fens] 闪身防守

turn body to the left and kick outside with right leg

[tə:n 'bədi tu ðə left ænd kik 'aut'said wið rait leg]

左转身右摆腿

turn body, swing arms and kick

[tə:n 'bədi, swiŋ a:mz ænd kik] 转身抡臂踢腿

turn body with six closings [tə:n 'bədi wið siks klouziŋz]

转身六合

turn body with whip on back [tə:n 'bədi wið hwip ən bæk]

转身背鞭

Turn Flowers Out and Brandish Sleeves

[tə:n 'flauəz aut ænd 'brændis sli:vz] 翻花舞袖

Turn Flowers Out From the Bottom of the Sea

[tə:n 'flauəz frəm ðə 'bətəm ðə si:] 海底翻花

turn forearm inward [tə:n 'fɔ:ra:m 'inwəd] 前臂内旋

turn forearm outward [tə:n 'fɔ:ra:m 'autwəd] 前臂外旋

turn heel inward [tə:n hi:l 'inwəd] 脚跟转向里

turn in knees [tə:n in ni:z] 掩膝

turn over [tə:n 'ouvə] 翻转

turn over body [tə:n 'outə 'bədi] 翻身

- turn torso [tə:n tə:sou] 转体
 turn torso to the right [tə:n 'tə:sou tu ðə rait] 腰向右转
 turn trunk [tə:n trʌŋk] 转腰
 turn waist over [tə:n weist 'ouva] 翻腰
 turn waist to neutralize [tə:n weist tu 'nju:trolaiz] 转腰
 化解
 Turn Windmill Back [tə:n 'windmil bæk] 倒拽风车
 turning step ['tə:niŋ step] 拐步
 Twelve-Animals Style Boxing [twelv-'ænimalz stail 'boksɪŋ]
 形意十二形
 twelve forms [twelv fɔ:mz] 十二形
 twelve regular channels [twelv 'regjula 'tʃænlz] 十二正经
 Twenty-Four-Form Simplified “Taijiquan”
 [‘twenti-fə:-fə:m ‘simplifaid “taijiquan”] 二十四式
 简化太极拳
 Twenty-Four-Form “Tongbeiquan”
 [‘twenti-fə:-fə:m “tougbeiquan”] 二十四式通背拳
 twining power ['twainiŋ 'paue] 缠丝劲
 twist [twist] 拧
 twist backward and hold wrists
 [twist 'bəkwəd ænd hold rist] 反擒腕
 twist body [twist 'bədi] 拧身
 twist bridge [twist bridʒ] 缠桥
 twist broadsword [twist 'bra:dso:d] 绞刀
 Twist Elbow [twist 'elbou] 拗弯肘
 twist grasp [twist gra:sp] 缠手

twist hips and turn shoulders [twist hips ænd tə:n 'souldəz]

拧胯转肩

twist leg [twist leg] 缠腿

twist waist [twist weist] 拧腰

twist wrist [twist rist] 旋腕，拧腕

twisting force ['twistin̩ fo:s] 拧劲

twisting hammerlock ['twistin̩ 'hæmələk] 别臂

two-section long imbalanced cudgel

[tu:-'sekʃən ləŋ im'bælənst 'kʌdʒəl] 梢子棍

two-section staff [tu:-'sekʃən sta:f] 两节棍

two-tined fork [tu:-'taɪnd fo:k] 两股叉

typical fault ['tipikəl fo:lt] 典型错误

U

umbilicus [ʌm'bilikəs] 脐

unable to defend oneself ['ʌn'eibl tu di'fend wʌn'self]

丧失防守能力

unclear weapon technique ['ʌn'klia 'wepən tek'ni:k] 器械

方法不清楚

undulating ['ʌndʒuleitɪŋ] 起伏

unfinished routine ['ʌn'finɪʃt ru:tɪ:n] 没有完成套路

unified standard ['ju:nifaid 'stændəd] 统一规格

unique style of attack [ju:'ni:k stil əv ə'tæk] 独特的技

击方式

unsheathe [ʌn'si:ð] 出鞘(刀、剑等)

unsteady [ʌn'stedi] 不稳的

unsteady performance [ʌn'stedi pə'fɔ:məns] 动作不稳健

unusual style [ʌn'ju:ʒuəl stil] 风格别致

up [ʌp] 向上

up to shoulder level [ʌp tu 'ʃouldə 'levl] 高与肩平

upper and lower limbs well-coordinated

[ʌpə ænd 'louə limz wel-kou'ə:dinitid] 上下肢配合协调

upper-arm [ʌpə-a:m] 上臂

upper block with fist [ʌpə blək wið fist] 架拳

upper body [ʌpə 'bədi] 上体

uppercut with broadsword [ʌpəkʌt wið 'brə:dsə:d] 撩刀

uppercut with cudgel [ʌpəkʌt wið 'kʌdʒəl] 撩棍

uppercut with sword [ʌpəkʌt wið sə:d] 撩剑

upper defence [ʌpə di'fens] 防上

upper-front [ʌpə-frʌnt] 前上方

upper hook fist [ʌpə huk fist] 上勾拳

upper-left [ʌpə-left] 左上方

upper left defence [ʌpə left di'fens] 防左上

upper limb [ʌpə lim] 上肢

upper part of body [ʌpə pa:t əv 'bədi] 上体

upper-rear [ʌpə-riə] 后上方

upper-right [ʌpə-raɪt] 右上方

upper-right defence [ʌpə-raɪt di'fens] 防右上

upper section [ʌpə 'sekʃən] 上盘

uppercut [ʌp'kʌt] 撞

uppercut fist [ʌp'kʌt fist] 上勾拳

uppercut with fist [ʌp'kʌt wið fist] 抄拳

upright [ʌprait] 直立的

upturn [ʌptə:n] 上翻

upward [ʌpw:d] 向上的，向上

upward cudgel parry [ʌpw:d 'kʌdʒəl 'pæri] 挂棍

upward defence riposte methods

[ʌpw:d dɪ'fens rɪ'poust 'meθədz] 防上还击法

upward elbow block [ʌpw:d 'elbou blək] 架肘

upward parry [ʌpw:d 'pæri] 向上格挡

upward parry followed by downward chop in bow step

[ʌpw:d 'pæri 'fələud bai 'daunw:d tʃəp in bou step]
弓步架劈

upward parry in defence [ʌpw:d 'pæri in de'fens] 挂防

upward parry with broadsword

[ʌpw:d 'pæri wið 'brə:dso:d] 挂刀

upward parry with sword [ʌpw:d 'pæri wið so:d] 上挂剑

usage [ju:zidʒ] 用法

use force [ju:s fo:s] 用力

use of the broadsword [ju:s əv ðə 'brə:dso:d] 刀的技法

use of the cudgel [ju:s əv ðə 'kʌdʒəl] 棍的技法

use of the spear [ju:s əv ðə spiə] 枪的技法

use of the sword [ju:s əv ðə so:d] 剑的技法

use waist as driving force for leg sweep

[ju:s weist əz 'draivɪŋ fə:s fə; ləg 'swi:p] 以拧腰带劲扫腿

using ... as pivot ['ju:sɪŋ ... əz 'pivət] 以……为轴

using right foot as pivot ['ju:sɪŋ rait fu:t əz 'pivət] 以右脚为轴

V

Vajra Boxing ['vædʒə: 'bəksɪŋ] 金刚拳

Vajra Pounds Mortar ['vædʒə: paundz 'mə:tə] 金刚捣碓

valid hit ['vælid hit] 击中有效

vanguard blow ['vængə:d blou] 先锋拳

variation [veəri'eisən] 变化

variation of tactics [veəri'eisən əv 'tæktiks] 战术变化

variety [və'raiəti] 种类

various styles ['veəriəs stailz] 各种风格

vertical circle ['və:tikəl 'sə:kl] 立圆

vertical plane ['və:tikəl plein] 垂直面

versus ... ['və:səs ...] 对…

victor ['viktər] 优胜者

vital energy, ['vaitl 'enədʒi] 气

vital part of body ['vaitl pɑ:t əv 'bədi] 身体要害部位

void [vɔɪd] 虚

W

wade forward and twist step (on both sides)

[weid 'fɔ:wəd ænd twi:st step (ən bəuθ saidz)] (左、右) 前蹬拗步

“waiguan” [“waiguan”] 外关

“Waijia” Boxing [“waijia” ‘bəksɪŋ] 外家拳

waist [weist] 腰

waist erect [weist ɪ'rekɪt] 直腰

waist exercise [weist 'eksəsaɪz] 腰部练习

waist high [weist haɪ] 高与腰齐

waist-hold throw [weist-hould θrou] 抱腰摔

waist like a screw and feet like drills

[weist laik ə skru: ænd fi:t laik drɪlz] 腰似螺丝，脚似钻

waist like a wriggling snake [weist laik ə 'rɪglɪŋ sneɪk] 腰似蛇行

waist like an axle [weist laik ən 'æksl] 腰如中轴

waist not turned sufficiently [weist nɒt tə:nd sə'fɪʃəntli]
转腰不充分

waist serves as axis [weist sevz əz 'ækσɪs] 以腰为轴

waist-sabre [weist 'seɪbə] 腰刀

walk obliquely and twist step (on both sides)

[wɔ:k ə'bli:kli ænd twi:t step (ən bouθ saidz)] (左、右) 斜行拗步

Walking Boxing [wɔ:lkɪŋ 'bɔksɪŋ] 行拳

Walking Broadsword Play [wɔ:kiŋ 'brɔ:dsɔ:d pleɪ] 行刀

walking force [wɔ:kiŋ fo:s] 走劲

Walking Staff Play [wɔ:kiŋ sta:f pleɪ] 行棍

walking step [wɔ:kiŋ step] 行步

Walking Swordplay [wɔ:kiŋ 'sɔ:dpleɪ] 行剑

ward off [wɔ:d ə(:)f] 招架, 捅

ward off, deflect, shove and press

[wɔ:d ə(:)f, dɪ'flekt, ʃʌv ænd prɛs] 捅捋挤按

warding-off force [wɔ:diŋ ə(:)f fo:s] 捅劲

warding off form [wɔ:diŋ ə(:)f fo:m] 捅式

warding-off movement [wɔ:diŋ-ə(:)f 'mu:vment] 捅

warm-down [wɔ:m-dauŋ] 整理活动

warm-up [wɔ:m-ap] 准备活动

Wave Fan in Front of Gate [weiv fæn in frʌnt əv geit] 迎

门挥扇

wave hands [weiv hændz] 逗手

wave hands like clouds [weiv hændz laik klaud] 云手

waving lotus cross kick [weivin 'loutəs krəs kik] 十字摆莲

weak point [wi:k point] 弱点, 薄弱部位

weapon [wepən] 兵器

weapon routine [wepən ru:tɪ:n] 器械套路

- weapon specification [‘wepən ,spesifi’keiʃən] 器械规格
- weapons dance [‘wepənz da:nz] 武舞(持械舞)
- weapons exercise [‘wepənz ,’eksəsaiz] 器械练习
- weigh in. [wei in] 称量体重
- weight moves onto left (right) leg
[weit mu;vz ‘ontu: left (rait) leg] 重心移到左(右)腿
- weight training [weit ‘treiniŋ] 力量练习
- “weiyang” [“weiyang”] 委阳
- “weizhong” [“weizhong”] 委中
- well-balanced [wel-‘bælənst] 对称
- well-proportioned [wel prə’po:ʃənd] 匀称
- when fighting, fight as if there is no opponent; when practising, fight as if you are facing your worst opponent.
[hwen ‘faitiŋ, fait əz if ðəə iz nou ə’pounənt; hwen ‘præktisiŋ, faiṭ əz if ju: ə: ‘feisiŋ juə wə:st ə’pounənt]
拳打有人似无人，拳打无人似有人
- when playing double-broadswords watch one's footwork
[hwen ‘pleiŋ dʌbl-’bro:dso:dz watʃ wʌnz ‘futwə:k]
双刀看走
- when playing long-handle broadsword keep eyes on the blade
[hwen ‘pleiŋ lon-‘hændl ‘bro:dso:d ki:p aiz ən ðə bleid]
大刀看口
- when playing single broadsword, watch one's hand
[hwen ‘pleiŋ ‘singl ‘bro:dso:d, watʃ wʌnz hænd]
单刀看手

- whip [hwip] 鞭
- whip-cudgel [hwip 'kʌdʒəl] 鞭杆
- whip-staff [hwip-sta:f] 鞭杆
- whipping (movement) ['hwipɪŋ ('mu:vment)] 鞭打动作
- whirlwind kick ['hwə:lwind kik] 旋风脚
- White Ape Presents Fruit [hwait eip 'prezts fru:t] 白猿献果
- White Crane Spreads Its Wings
[hwait krein spredz its wiŋz] 白鹤亮翅
- White Eyebrow Boxing [hwaɪt-'aibrau 'boksɪŋ] 白眉拳
- White Snake Hides in Grass [hwait sneik haidz in gra:s]
白蛇伏草
- White Snake Spits Out Its Tongue
[hwait sneik spits aut its tʌŋ] 白蛇吐信
- White Snake Swordplay [hwait sneik 'so:dpleɪ] 白蛇剑
- wield [wi:ld] 挥动(兵器)
- Will Boxing [wil 'boksɪŋ] 意拳
- willpower ['wilpaʊə] 意志
- win [win] 取胜
- win a prize [win ə praiz] 获奖
- win on points [win ən poɪnts] 以分取胜
- winding silk kick ['waindɪŋ silk kik] 缠丝腿
- windmill and parry with broadsword
[windmil ænd 'pæri wið 'bro:dsɔ:d] 抢挂刀
- winner ['wɪnə] 优胜者
- “wishu” [“wɪʃu”] 胃俞
- with sole flat on floor [wið soul flæt ən flɔ:] 以前全脚着地

withdraw [wiðdrə:] 带，抽回
withdraw bridge [wið'drə: bridʒ] 抽桥
withdraw broadsword [wiðdrə: 'brə:dsə:d] 带刀
withdraw hips [wið'drə: hips] 收胯
withdraw left (right) foot [wið'drə: left (rait) fut] 收左
（右）脚

withdraw spear [wið'drə: spiə] 带枪
withdraw sword [wið'drə: sə:d] 带剑
without any interruption [wiðaut 'eni ,intə'rʌpʃən] 一气
呵成

without stopping previous movement
[wiðaut stəpiŋ 'pri:vjəs 'mu:vmənt] 上动不停
women's individual all-round title

[wiminz ,indi'vidjuəl ə:l-raund 'taɪtl] 女子全能冠军
Women's Intermediate Class Boxing

[wiminz ,intə(:)'mi:dʒət klə:s 'bəksin] 女子乙组拳
world of “wushu” [wə:ld əv “wushu”] 武术界
wrap-head broadsword [ræp-hed 'brə:dsə:d] 裹脑刀
wrap kick [ræp kik] 缠丝腿
wrap whip around waist [ræp hwip ə'raund weist] 缠腰鞭
Wrapping Fire Crackers on the Left Side

[ræpiŋ faiə 'krækəz ən ðə left said] 左裹鞭炮
Wrapping Fire Crackers on the Right Side

[ræpiŋ faiə 'krækəz ən ðə rait said] 右裹鞭炮
wrestling ['resliŋ] 角抵，摔跤
wrestling holds ['resliŋ houldz] 摔法

wring [rɪŋ] 绞，拧，挤，扭

wrist [rist] 腕

wrist action [rist 'ækʃən] 腕部动作

wrist band [rist bænd] 护腕

wrist-hold [rits-hould] 抓腕

wrist rotation [rist rou'teɪʃən] 转腕

wrists crossed [ristz 'krɔ(;)st] 手腕交叉

“Wu” Style Boxing [“wu” stail ‘bəksin] 巫家拳

“Wu” Style “Taijiquan” [“wu” stail “taijiquan”] 吴式太极拳

“Wu” Style “Taijiquan” [“wu” stail “taijiquan”] 武式太极拳

“Wudang” Boxing [“wudang” ‘bəksin] 武当拳

“Wudang” School [“wudang” sku:l] 武当派

“Wuji” Boxing [“wuji” ‘bəksin] 无极拳

“Wushu” [“wushu”] 武术

“Wushu” Academy [“wushu” ə’kædəmɪ] 武术学院

“Wushu” Association [“wush” ə’sousi ‘eɪʃən] 武术协会

“Wushu” class [“wushu” klas] 武术课

“Wushu” Coaching Center [“wushu” koutsiŋ ‘sentə] 武术辅导站

“Wushu” community [“sushu” kə’mju:niti] 武术团体

“Wushu” course [“sushu” ko:s] 武术课程

“Whush” delegation [“wushu” deli’geɪʃən] 武术代表团

“wushu” department [“wushu” di’pa:tment] 武术系

“wushu” expert [“wushu” ‘ekspə:t] 武术行家

- “Wushu” Federation [“wushu” fədə’reiʃən] 武术联合会
“wushu” film [“wushu” film] 武术影片
“wushu” master [“sushu” ‘ma:stə] 武术家
“Wudang” Mountains [“wudang” ‘mauntinz] 武当山
“wushu” organization [“wushu” ,ə:gənai’zeiʃən] 武术组织
“Wushu” Research Committee [“wushu” ri’sə:tʃ kə’miti] 武术研究会
“Wushu” Research Institute [“wushu” ri’sə:tʃ ‘institju:t] 武术研究院
“wushu” routine [“wushu” ru:tɪ:n] 武术套路
(“wushu”) school routine [(“wushu”) sku:l ru:tɪ:n] 拳种套路
“Wushu” Society [“wushu” se’saiəti] 武术社
“wushu” specialist [“wushu” ‘speʃəlist] 武术家
“wushu” team [“wushu” ti:m] 武术(代表)队
“wushu” weapon techniques [“wushu” ‘wepən tek’ni:ks] 器械方法
“wushu” world [“wushu” wə:ld] 武术界

X

- “Xia” Style Boxing [“xia” stail ‘bəksin] 侠家拳
“xiaguan” [“xiaguan”] 下关

“xiangpu” (the equivalent of modern sumo).

- ["xiangpu" (əi: i'kwivelənt əv 'mədən (su:mou)], 相扑
- “Xiangxing” Boxing ["xiangxing" 'bəksin] 象形拳 Key
- “Xiaohongquan” ["xiaohongquan"] 小红拳
- “xiawan” ["xiawan"] 下腕
- “xingyi” Boxing ["xingyi" 'bəksin] 形意拳
- “xinyi” Boxing ["xinyi 'bəksin] 心意拳
- “Xinyi Liuhe” Boxing ["xinyi liuhe" 'bəksin] 心意六合拳
- “Xinshu” ["xinshu"] 心俞
- “Xuanji” ["xuanji"] 环玑
- “Xuehai” ["xuehai"] 血海

Y

- “yamen” ["yamen"] 哑门
- “Yan Qing” Boxing ["yan qing" 'bəksin] 燕青拳
- “yang chiao” channel ["yan chiao" 'tʃænl] 阳跷脉
- “Yang” Style Spearplay ["yang "stail 'spiəplei] 杨家枪
- “Yang” Style “Taijiquan” ["yang" stail "taijiquan"]
杨式太极拳
- “yang wei” channel ["yang wei" 'tʃænl] 阳维脉
- “yangchi” ["yangchi"] 阳池
- “yanggu” ["yanggu"] 阳谷
- “Yangmei” Swordplay ["yangmei" 'so:dplei] 杨眉剑

“yaoshu” [“yaoshu”] 腰俞
“yaoyan” [“yaoyan”] 腰眼
yell [jel] 喊，发声

Yellow Dragon Stirs Water Three Times

[‘jelou ‘drægən stə:z ‘wɔ:tə θri: taimz] 黄龙三搅水
yield [ji:ld] 顺势

yielding palm [‘ji:ldɪŋ pa:m] 顺势掌

“yin” and “yang” [“yin” ænd “yang”] 阴阳

“yin chiao” channel [“yin chiao” ‘tʃænl] 阴跷脉

“yin wei” channel [“yin wei” ‘tʃænl] 阴维脉

“Yin-Yang” Boxing [“yin-yang” ‘bəksɪŋ] 两仪拳

“yinggu” [“yinggu”] 阴谷

“yingxiang” [“yingxiang”] 迎香

“yinjiao” [“yinjiao”] 阴交

“yintang” [“yintang”] 印堂

“Yizi” Boxing [“yizi” ‘bəksɪŋ] 义子拳

“yongquan” [“yongquan”] 涌泉

“youmen” [“youmen”] 幽门

Youth Long Boxing [ju:θ lɔŋ ‘bəksɪŋ] 青年长拳

“Yu” School Boixng [“yu” sku:l ‘bəksɪŋ] 鱼门拳

“Yue” Style boxing [“yue” stil ‘bəksɪŋ] 岳家拳

“Yue” Style Linked Boxing [“yue” stil linkt ‘bəksɪŋ]

氏连拳

“yuji” [“yuji”] 鱼际

“Yumenquan” [“yumenquan”] 余门拳

“yunmen” [“yunmen”] 云门

“yuzhen” [“yuzhen”] 玉枕

Z

“Zha” Boxing [“zha” ‘bəksɪŋ] 查拳

“zhangmen” [“zhangmen”] 章门

“Zhaobao”-Style (“Chen” Style “Taijiquan”)

[“zhaobao”-stail (“chen” stail “taijiquan”)] 赵堡架
(陈式太极拳)

“Zhaquan” Routine Number Four

[“zhaquan” ru:t’i:n ‘nʌmbə fo:] 四路查拳

“Zhongchong” [“zhongchong”] 中冲

“zhongfu” [“zhongfu”] 中府

“zhongshu” [“zhongshu”] 中枢

“zhongwan” [“zhongwan”] 中脘

“zigong” [“zigong”] 紫宫

“Zimuquan” [“zimuquan”] 子母拳

“zusanli” [“zusanli”] 足三里

汉英武术常用词汇

**Chinese-English
Wushu Glossary**

一、一般词汇 (General Words)

功, 能力 ability [ə'biliti]

业余爱好者 amateur ['æmətər]

突然, 出其不意 abruptly [ə'b्रʌptli]

艺术, 技术, 技艺 art [a:t]

进攻 attack [ə'tæk]

意识 awareness [ə'weənəs]

向后 backward ['bækwəd]

弯屈 bend [bend]

招架, 格挡 block [blək]

打击 blow [blou]

练拳者 boxer ['bɔksə]

制动 brake [breik]

挥舞(兵器) brandish ['brændiʃ]

呼吸 breathe ['bri:ð]

擦 brush [brʌʃ]

撞 bump [bʌmp]

顶, 撞 butt [bʌt]

静 calmness ['ka:mnis]

特点 characteristic [kærɪktə'rɪstɪk]

劈, 斧 chop [tʃəp]

划弧 circle ['sə:kli]

叮当声(器械相击的) clash [klæʃ]

扣住 clasp [klə:sp]

- 教练 coach [kouɪtʃ]
缠, 绞 coil [kɔɪl]
格斗, 跟…格斗 combat [kəmbət]
组合 combination [kəm'bɪneɪʃən]
紧凑 compact [kəm'pækɪt]
竞赛者 competitor [kəm'petɪtə]
收势 conclusion [kən'klu:ʒən]
连接 connect [kə'nekt]
竞争者 contender [kən'tendə]
竞争, 争夺 contest [kən'test]
竞赛者 contestant [kən'testənt]
连贯 continuity [kənti'nju(:)iti]
使……一致 coordinate [kou'a:dɪnɪt]
掩护, 盖 cover [kʌvə]
截 crosscut [krɔ(:)skʌt]
劈, 砍 cut [kʌt]
捋 deflect [dɪ'flekt]
图, 图解 diagram ['daɪəgræm]
停止 discontinue ['diskən'tinju(:)]
独特的 distinct [dis'tɪŋkt]
躲闪 dodge [dədʒ]
向下 down [daʊn]
向下的、向下 downward ['daʊnwəd]
牵, 拖 drag [dræg]
拉, 收, 抽 draw [drɔ:]
弹性, 灵活性 elasticity [eləs'tisitə]

虚	emptiness [‘emptinis]
虚	empty [‘empti]
错误	error [‘erə]
呼气	exhale [eks’heil]
伸展	extend [iks’tend]
鞭打, 捆	flail [fleil]
晃	flash [‘flæʃ]
灵活性, 柔韧性	flexibility [flekse’biłti]
崩	flick [flik]
创始人	founder [‘faundə]
向前	forward [‘fo:wəd]
左前方	forward-left [‘fo:wəd-left]
右前方	forward-right [‘fo:wəd-rait]
左前方	front left [frʌnt left]
右前方	front right [frʌnt rait]
基本功	fundamentals [fʌndə’mentlz]
喘气	gasp [ga:sp]
搂, 抓, 握	grab [græb]
拿	grapple [‘græpl]
抓, 握	grasp [gra:sp]
防守	guard [ga:d]
砍	hack [hæk]
停	halt [hɔ:lt]
手倒立	handstand [‘hændstænd]
协调	harmony [‘hɑ:məni]
抓, 握, 抱	hold [hould]

- 握法, 持械方法 holding method [houldin 'meθəd]
模仿 imitate ['imitet]
倾斜, 屈身, 低头 incline [ink'lain]
惯性, 惯量 inertia [i'nɛ:sʃə]
背势 inferior [in'fiəriər]
吸气 inhale [in'heil]
插入 insert [in'se:t]
内侧 inside ['in'said]
讲师, 指导, 教练 instructor [ins'trʌktə]
意图 intention [in'tenʃən]
截 intercept [intə(:)sept]
向内, 内在的 inward ['inwəd]
跳 jump [dʒʌmp]
保持 keep [ki:p]
踢 kick [kik]
跪 kneel [ni:l]
倾斜 lean [li:n]
跳 leap [li:p]
左侧 left-side ['left-said]
在左边 leftward ['leftwəd]
使柔软 limber ['limbə]
连接 link [link]
抱, 夹 lock [lək]
降低 lower ['ləuə]
前下方 lower-front ['ləuə-frənt]
左下方 lower-left ['ləuə-left]

- 后下方 lower-rear [louə-riə]
右下方 lower-right [louə-raɪt]
刺, 截 lunge [lʌndʒ]
军事的, 尚武的 martial [mɑ:tʃəl]
同时 meanwhile [mi:n'hwail]
交锋 meet [mi:t]
判断错误, 估计错误 misjudge [mɪ'sdʒudʒ]
动作 movement [mu:vment]
接近, 靠近 near [niə]
斜的 oblique [ə'bli:k]
对手, 对方 opponent [ə'pounənt]
对抗 opposition [əpə'zɪʃən]
打败 oust [aʊst]
外侧 outside [aʊt'saɪd]
向外, 外部的 outward [aʊtwəd]
头上的, 在头顶上 overhead [əvə'hed]
喘气 pant [pænt]
格挡 parry ['pærɪ]
分段, 趟, 部分 part [pa:t]
陪练者 partner ['pa:tner]
经过, 通过 pass [pa:s]
完美的, 熟练的 prefect ['pe:fɪkt]
表演者, 演练者 performer [pe'fɔ:rmer]
刺 pierce [piəs]
表演, 演练 play [plei]
运动员 player [pleiə]

- 柔韧性 pliability [plaɪə'biliti]
指向, 点, 分, 指点 point [poɪnt]
摆姿势 pose [pouz]
姿势 position [pə'zɪʃən]
姿势 posture ['pəʊʃə]
劲力 power ['paʊə]
练习者 practitioner [præk'tɪʃənə]
按, 压 press [pres]
防止, 阻挡 prevent [pri'vent]
保护, 防守 protect [prə'tekɪt]
拉, 拔 pull [pul]
击, 用拳打 punch [pʌntʃ]
推, 挤 push [puʃ]
静 quiescent [kwai'eſnt]
准备 ready ['redi]
后面的 rear [riə]
左后方 rear-left ['riə-left]
右后方 rear-right ['riə-raɪt]
保持 remain [ri'meɪn]
要求 require [ri'kwaɪə]
抵抗, 对抗 resist [ri'zɪst]
右侧 right side [raɪt said]
在右边 rightward ['raɪtwað]
起身 rise up [raɪz ap]
滚翻 roll [roul]
转 rotate [rou'teɪt]

- 套, 套路 routine [ru:tɪ:n]
流派 school [sku:l] 派别
剪 scissors ['sɪzəz] 剪刀
喊, 发声 scream [skri:m] 喊叫
分段, 趟 section ['sekʃən] 部分
分段, 趟 segment [ˈsegmənt] 部分
擒拿 seize [si:z] 捉拿
选拔 select [si'lekt] 挑选
自卫 self-defence [self-di'fens] 防卫
分开 separate ['sepərət] 分离
动作组合 series ['siəri:z] 组合
套路 set [set]
闪躲灵活的 shifty ['ʃifti] 狡猾的
回避, 躲开 shun [ʃʌn]
技术, 技能, 技巧, 熟练 skill [skil]
劈, 砍, 抹 slice [slais]
劈, 碎 smash [smæʃ]
柔和 softness ['søftnis]
实 solid [ˈsəlid]
速度 speed [spi:d]
旋转 spin [spin]
劈 split [split]
精神 spirit ['spirit]
弹 spring [sprɪŋ]
刺, 扎 stab [stæb]
沉稳 stable ['steibl]

- 步型 stance [stæns]
规格化 standardization [stændə'dai'zeiʃən]
沉稳的 steady ['stedi]
步, 迈步 step [step]
刺, 戳, 粘, 贴 stick [stik]
蹬直, 伸直 straighten ['streitn]
力量 strength [strenθ]
击打 strike [straik]
风格, 特点 style [stail]
扫 sweep [swi:p]
摆动 swing [swin]
抡 swingover ['swiŋouvə]
对称, 匀称 symmetrical ['simetrik(əl)]
接替 take over [teik 'ouvə]
教, 指导 teach [ti:tʃ]
频率 tempo ['tempou]
引诱 tempt [tempt]
测验 test [test]
扎, 刺 thrust [θrʌst]
紧, 紧的 tight [tait]
崩 tilt [tilt]
时间, 次, 倍数 time [taim]
朝, 向 toward(s) [tə'wə:d(z)]
传统的 traditional [trə'disiənl]
训练 train [trein]
绊 trip [trip]

- 转 turn [tə:n]
翻转 turn over [tə:n 'ouvə]
拧 twist [twist]
起伏 undulating ['ʌndʒuleitɪŋ]
不稳的 unsteady [ʌn'stedi]
向上 up [ʌp]
前上方 upper-front ['ʌpə-frʌnt]
左上方 upper-left ['ʌpə-left]
后上方 upper-rear ['ʌpə-rɪə]
右上方 upper-right ['ʌpə-raɪt]
擦 uppercut ['ʌpəkʌt]
直立的 upright ['ʌprait]
上翻 upturn ['ʌptə:n]
向上, 向上的 upward ['ʌpwəd]
用法 usage [ju:zidʒ]
变化 variation [veəri'eisən]
种类 variety [və'ræti]
对…… versus ... [və:səs]
虚 void [voɪd]
挥动(兵器) wield [wi:lд]
绞, 拧, 挤, 扭 wring [rɪŋ]
意志 willpower ['wilpauə]
带, 抽回 withdraw ['wiðdrə:]
喊, 发声 yell [jel]

二、拳术类(Boxing)

(一) 基本技术 (Basic Techniques)

1. 长拳 (Long Boxing/ Chang Quan)

① 伸展性动作 (Extending Movements)

抡臂 arm swingover [a:m 'swinj'ouvé]

摆臂 armswing ['a:mswiŋ]

后搬腿 back leg press [bæk leg pres]

后压腿 back (leg) stretch [bæk (leg) stretʃ]

甩腰 bend body forward and backward at waist
[bend 'bədi 'fɔ:wəd ænd 'bækwəd ət weist]

下腰 bend trunk backwards into bridge
[bend trʌŋk 'bækwəds 'intu brɪdʒ]

横叉 center splits ['séntə ſplits]

涮腰 circle trunk with arms sweeping
['sə:kł trʌŋk wið a:mz 'swi:pɪŋ]

仆步压腿 crouch stance stretch [krautʃ stæns stretʃ]

跌叉 dropping into the splits ['drəpɪŋ 'intu ðə ſplits]

正搬腿 front leg press [frʌnt leg pres]

正压腿 front (leg) stretch [frʌnt (leg) stretʃ]

横叉 front splits [frʌnt ſplits]

高压腿 high leg stretch [hai leg stretʃ]

平压腿 horizontal leg stretch [hɔ:rɪ'zəntl leg stretʃ]

抱膝 hug knee [hʌg ni:]

跳叉 jumping from the splits ['dʒʌmpɪŋ from ðə ſplits]

提膝	knee-raising [ni:-'reizɪŋ]
搬腿	leg presses [leg presɪs]
提膝抱腿	lift and hold knee [lift ænd hould ni:]
提左膝	lift left knee [lift left ni:]
提右膝	lift right knee [lift rait ni:]
低压腿	low leg stretch [ləʊ leg streɪtʃ]
压腿	press leg [pres leg]
侧压腿	press leg at side [pres leg ət saɪd]
后搬腿	press leg from behind [pres leg frōm bi'haind]
正搬腿	press leg from front [pres leg frōm frānt]
侧搬腿	press leg from side [pres leg frōm said]
后压腿	rear leg press [riə leg pres]
压肩	shoulder stretch ['ʃouldə streɪtʃ]
侧搬腿	side leg press [saɪd leg pres]
侧压腿	side (leg) stretch [saɪd (leg) streɪtʃ]
竖叉	side splits [saɪd splits]
仆步压腿	stretch leg in crouch stance [stretʃ leg in kraʊtʃ stæns]
压腿	stretch legs [stretʃ legz]
劈叉	the splits [ðə splits]
翻身	turn over body [tə:n 'ouvr̩ 'bodi]
翻腰	turn waist over [tə:n weɪst 'ouvr̩]
腰部练习	waist exercises [weɪst 'eksəsaɪzɪz]

⑧ 手型 (Hand Form)

爪 (动物的) claw [klə:]

鹰爪	eagle's claw [i:głz klɔ:]
鹰爪	eagle's-claw hand [i:głz.klɔ:hænd]
拳眼	eye of fist [ai əv fist]
拳面	face of fist [feis əv fist]
拳	fist [fist]
拳型	fist form [fist fɔ:m]
立拳	fist with thumb side up [fist wið θʌm said ʌp]
平拳	fist with palm facing downward [fist wið pa:m 'feisinj 'daunwəd]
拳心	heart of fist [ha:t əv fist]
勾手	hook hand [huk hænd]
俯掌	palm downward [pa:m 'daunwəd]
掌型	palm form [pa:m fɔ:m]
单指	single finger ['singl 'fingə]
立掌	standing palm ['stændɪŋ pa:m]
剑指,	剑诀 sword-fingers [sə:d-'fingəz]
虎爪	tiger's claw ['taɪŋz klɔ:]
虎爪	tiger's-paw hand ['taɪəz-pə:hænd]

① 手法 (Hand Techniques)

擦掌	arc palm [ɑ:k pa:m]
接手	brush hand [brʌʃ hænd]
擒拿	catch and hold [kætʃ ænd hould]
击掌	clap hands [klæp hændz]
叉掌	cross palms [krous pa:mz]
横切掌	crosscut palm ['krouskʌt pa:m]

舞花手	dancing flower hands	[dɑ:nsɪŋ 'flaʊə hændz]
栽拳	downward plunge fist	[daunwəd plʌndʒ fist]
架肘	elbow block	['elbou blək]
顶肘	elbow butt	['elbou bʌt]
锁肘	elbow lock	['elbou lək]
撞肘	elbow strike	['elbou straik]
肘法	elbow techniques	['elbou tek'ni:ks]
侧顶肘	elbow to the side	['elbou tu ðə said]
肘法	elbowing	['elbowɪŋ]
拳法	fist techniques	[fist tek'ni:ks]
鞭拳	flail fist	[fleɪl fist]
掸手	flail hand	[fleɪl hænd]
亮掌	flash palm	[flæʃ pə:m]
接手	grab hand	[græb hænd]
劈掌	hack palm	[hæk pə:m]
砸拳	hammer strike (smash)	['hæmə straik (smæʃ)]
掌击	hand clap	[hænd klæp]
夹肘	hold elbow in	[hould 'elbou in]
抱拳	hold fists on hips	[hould fistən hips]
拿腕	hold wrist	[hould rist]
拿法	holding techniques	['houldɪŋ tek'ni:ks]
盘肘	hook elbow	[huk 'elbou]
刁手	hook grasp	[huk gra:sp]
砍掌	horizontal palm chop	[həri'zəntl pə:m tʃəp]
横拳	horizontal punch	[həri'zəntl pənts]
崩拳	inch punch	[intʃ pənts]

里格	inward parry [inwəd 'pærɪ]
铁沙掌	iron-sand palm ['aɪən-sænd pa:m]
抬肘	lift elbow [lif特 'elbou]
接手	outward grab ['autwəd græb]
外格	outward parry ['autwəd 'pærɪ]
架掌	palm block [pa:m bæk]
劈掌	palm chop [pa:m tʃəp]
掌法	palm method [pa:m 'meθəd]
推掌	palm pushing [pa:m 'pu:siŋ]
掌法	palm techniques [pa:m tek'ni:ks]
肘格	parry with elbow ['pærɪ wið 'elbou]
穿掌	piercing palm ['pi:sɪŋ pa:m]
压肘	press elbow [pres 'elbou]
盖掌	press palm [pres pa:m]
冲拳	punch fist [pʌntʃ fist]
顶肘	push elbow [puʃ 'elbou]
推掌	push palm [puʃ pa:m]
滚肘	roll elbow [roul 'elbou]
分掌	separate palms [spə'reit pa:mz]
击掌	slap palm [slæp pa:m]
拍掌	slap palm [slæp pa:m]
挑掌	snap palm [snæp pa:m]
弹掌	spring palm [sprɪŋ pa:m]
弹拳	spring fist [sprɪŋ fist]
劈拳	straight-arm chop with fist [streit-a:m tʃəp wið fist]

掌击	strike with palm [straɪk wið pa:m]
掼拳	sweeping side punch ['swi:pɪŋ saɪd pʌntʃ]
抡拳	swingover punch ['swɪnəʊvər pʌntʃ]
冲拳	thrust fist [θrʌst fist]
穿手	thrust hand [θrʌst hænd]
插掌	thrust palm downward [θrʌst pa:m 'daunwəd]
缠手	twist grasp [twist gra:sp]
拧腕	twist wrist [twist rist]
架拳	upper block with fist ['ʌpə blök wið fist]
抄拳	supercut with fist ['ʌpəkʌt wið fist]
架肘	upward elbow block ['ʌpwəd 'elbow blök]

④ 步型 (Stances)

弓步	bow step [bou step]
歇步	cross-legged resting stance [krɔ:s-legd 'restin stæns]
坐盘	cross-legged sitting stance [krɔ:s-legd 'sitin stæns]
歇步	cross-legged step [krɔ:s-legd step]
仆步	crouch stance [kraʊtʃ stæns]
虚步	empty step ['empti step]
高虚步	high empty step [hai 'empti step]
马步	horse-riding step [ho:s-'raidiŋ step]
并步	place feet together [pleis fi:t tə'geðə]
歇步	resting stance ['restin stæns]
歇步	seated step ['si:tɪd step]

半马步 semi-horse stance [’semi-hɔ:s stæns]

横档步 side bow stance [saɪd bou stæns]

步型 stance form [stæns fɔ:m]

丁字步 T-stance [ti:stæns]

丁字步 T-step (position) [ti:-step (pə’zɪʃən)]

⑤ 步法 (Footwork)

上步 advance [əd’va:n:s]

插步 back cross-step [bæk kro:s-step]

退步 back step [bæk step]

撤步 backward step [’bækwəd step]

击步 beat step [bi:t step]

换步 change feet [tʃeindʒ fi:t]

弧行步 circular walking step [’sə:kjulə ’wə:kiŋ step]

交叉步 cross step [kro:s step]

弧行步 curved walking step [kə:vəd ’wə:kiŋ step]

拖步 dragging step [drægiŋ step]

盖步 front cross-step [frənt kros-step]

盖跳步 front cross-step jump [frənt kros-step dʒʌmp]

进步 forward step [’fɔ:wəd step]

换步 foot-shift [fʊt-ʃift]

纵步 hopping step [’hɔ:pɪŋ step]

击步 kick step [kik step]

跳步 jump [dʒʌmp]

跳步 jumping step [’dʒʌmpɪŋ step]

跃步 leap [li:p]

- 跃步 leaping step ['li:pɪŋ step]
 退步 retreat [ri'tri:t]
 弧行步 S-step [es-step]
 侧移步 side step [saɪd'step]
 垫步 skiping step ['skipɪŋ step]
 滑步 sliding step ['slайдɪŋ step]
 开步 spread feet apart [spred fɪ:t ə'pa:t]
 震脚 stamp [stæmp]
 震脚 stamp foot [stæmp'fʊt]
 踏步 stamping step ['stæmpɪŋ step]
 退步 step backward [step 'bækwəd]
 侧移步 step sideways [step 'saɪdweɪz]
 侧移步 step to the side [step tu ðə saɪd]
 跨步 stride [straɪd]
 上步 take a step forward [teik ə step 'fɔ:wəd]
 扣步 toe-in step [tou-in step]
 摆步 toe-out step [tou-aut step]
 行步 walking step ['wɔ:kɪŋ step]

⑥ 腿法 (Leg Techniques)

- 后撩腿 back arc kick [bæk ə:k kik]
 后撩腿 back kick [bæk kik]
 后蹬腿 back kick with heel [bæk kik wið hi:]
 后扫腿 back (leg) sweep [bæk (leg) swi:p]
 后扫 back sweep [bæk swi:p]
 十字腿 cross kick [krɔ:s kik]

屈伸性腿法 flexion and extension leg techniques

[fleks̩ən ænd iks'tenʃən leg tek'niks]

飞脚 flying foot kick ['flaɪŋ fʊt kik]

十字腿 front cross kick [frʌnt kros'kik]

正踢腿 front kick [frʌnt kik]

前扫腿 front (leg) sweep [frʌnt (leg) swi:p]

单拍脚 front slap kick [frʌnt slæp kik]

前扫 front sweep [frʌnt swi:p]

蹬腿 heel kick [hi:l kik]

里合腿 inside crescent kick ['in'saɪd 'kresnt kik]

里合腿 inside kick ['in'saɪd kik]

里合拍脚 inside slap crescent kick ['in'saɪd slæp kresnt kik]

踢腿 kick (leg) [kik (leg)]

蹬腿 kick with heel [kik wið hi:l]

蹬脚 kick with heel, leading [kik wið hi:l'li:dɪŋ]

直摆性腿法 kick with straight leg [kik wið streit:leg]

摆莲拍脚 lotus kick ['loutəs'kik]

斜踢腿 oblique kick [ə'bli:k kik]

外摆腿 outside kick ['aut'saɪd kik]

点腿 point kick [point:kik]

剪腿 scissor legs ['sɪsər legz]

侧踢腿 side kick [saɪd kik]

侧蹬腿 side kick with heel [saɪd kik wið hi:l]

侧铲腿 side kick with the outer-edge of foot
[saɪd kik wið ðɪ:/'aʊtə-edʒ əv fut]

- 铲腿 side outer-edge kick [saɪd 'autə-edʒ kik]
 踏腿 side sole kick [saɪd soul kik]
 单飞脚 single slap kick ['sɪŋgl slæp kik]
 单飞脚 slap kick [slæp kik]
 摆莲拍脚 slap lotus kick [slæp 'loutəs kik]
 弹腿 snap kick [snæp kik]
 分掌踢腿 spread palms and kick [spred pa:mz ænd kik]
 直摆性腿法 straight leg kick [streit leg kik]
 伏地后扫 support with hands and sweep backward
 [so'pɔ:t wið haendz ænd swi:p 'bækwəd]
 扫腿 sweep (leg) [swi:p (leg)]
 后扫腿 sweep leg backwards [swi:p leg 'bækwədz]
 前扫腿 sweep leg forward [swi:p leg 'fɔ:wəd]
 扫腿 sweepinj kick ['swi:piŋ kik]
 里合腿 swing leg inward [swiŋ 'leg 'inwəd]
 外摆腿 swing leg outward [swiŋ 'leg 'aʊtəwəd]
 缠腿 twist leg [twist leg]
 缠丝腿 winding silk kick ['waɪndiŋ silk kik]
 缠丝腿 wrap kick [ræp kik]

① 平衡 (Balances)

- 扣腿平衡 back cross-legged balance
 [bæk krəs-legd 'bæləns]
 仰身平衡 bending backward balance
 ['bendɪŋ 'bækwəd 'bæləns]
 侧身平衡 bending sideways balance

[‘bendɪŋ ‘saɪdweɪz ‘bæləns]

持久性平衡 extended balance [ɪks’tendɪd ‘bæləns]

盘腿平衡 (forward) cross-legged balance

[‘fɔ:wəd) krəs-legd ‘bæləns]

提膝平衡 knee-lift balance [ni:t-lift ‘bæləns]

朝天蹬 kick sky with sole [kik skai wið soul]

朝天蹬 kick up with heel [kik ap wið hi:l]

控腿平衡 leg-raise balance [leg-reiz ‘bæləns]

望月平衡 look-at-moon balance [luk-ət-mu:n ‘bæləns]

探海平衡 search-sea balance [sə:tʃ-si: ‘bæləns]

非持久性平衡 short interval balance [ʃɔ:t ‘intəvəl
‘bæləns].

燕式平衡 swallow balance [‘swəlou ‘bæləns]

⑧ 跳跃动作 (Jumping Movements)

旋子 butterfly [‘bʌtəflai]

腾空连环飞脚 consecutive jumping front kick

[kən’sekjutiv ‘dʒʌmpin frənt kik]

腾空仰身前踹 double jumping front kick

[‘dʌbl ‘dʒʌmpin frənt kik]

双飞脚 flying double kick [‘flaiiŋ ‘dʌbl kik]

腾空仰身前踹 flying double front kick [‘flaiiŋ ‘dʌbl
frənt kik]

腾空双侧踹 flying double kick to the side

[‘flaiiŋ ‘dʌbl kik tu: ðə said]

腾空摆莲 flying lotus kick [‘flaiiŋ ‘loutəs kik]

- 腾空剪腿 flying scissor-legs [ˈflaɪŋ ˈsɪzə-legz]
大跃步前穿 forward giant leap [ˈfɔ:wəd ˈdʒaɪənt fi:p]
大跃步前穿 giant leap [ˈdʒaɪənt li:p]
腾空蹬腿 jump and kick with heel
[dʒʌmp ænd kik wi:ł hi:l]
腾空转身摆莲 jump and spin lotus kick
[dʒʌmp ænd spin ˈloutəs kik]
腾空侧踹 jump high and kick to side with sole leading
[dʒʌmp hai ænd kik tu said wi:ł soul ˈli:din]
腾空跃起滚翻 jump into somersault [dʒʌmp ˈintu ˈsəməsə:lt]
腾空双飞脚 jumping double front kick
[dʒʌmpiŋ ˈdbl frənt kik]
腾空斜飞脚 jumping cross kick
[dʒʌmpiŋ ˈkrəs kik]
腾空飞脚 jumping front kick [dʒʌmpiŋ frənt kik]
腾空蹬腿 jumping heel kick [dʒʌmpiŋ hi:l kik]
腾空侧踹 jumping side sole kick [dʒʌmpiŋ said soul kik]
腾空箭弹 jumping snap kick [dʒʌmpiŋ snæp kik]
旋风脚 jumping spinning inside kick
[dʒʌmpiŋ ˈspinin i:said kik]
翻身跳 roll over jump [rouł ˈouvə dʒʌmp]
腾空箭弹 snap kick in flight [snæp kik in flait]
旋子转体 spinning butterfly [ˈspinin ˈbʌtəflai]
转身摆莲 spinning lotus kick [ˈspinin ˈloutəs kik]

- 旋风脚 tornado kick [tə:’neidou kik]
 翻身二起脚 turn body and jump slap kick
 [tə:n ’bədi ænd dʒəmp slæp kik]
 腾空转身摆莲 turn body flying lotus kick
 [tə:n ’bədi ’flaiiŋ ’loutəs kik]
 腾空转身飞脚 turn body jumping slap kick
 [tə:n ’bədi ’dʒəmpin slæp kik]
 旋风脚 whirlwind kick [’hwə:lwind kik]

⑨跌扑滚翻 (Tumbling)

- 侧手翻 aerial cartwheel [’eəriəl ’ka:thwi:l]
 后滚翻 backward roll [’bækwəd roul]
 翻身扑虎 backward roll dive and press
 [’bækwəd roul daiv ænd pres]
 乌龙绞柱 Black-dragon Coil-up
 [blæk-draeg koil-ap]
 鲤鱼打挺 Carp Kip-up [ka:p kip-ap]
 盘腿跌 cross-legged drop [krɒs-’legd drop]
 扑虎 dive and press [daiv ænd pres]
 空翻 flip [flip]
 前滚翻 forward roll [’fɔ:wəd roul]
 裁碑 front straight body drop
 [frənt streit ’bədi drəp]
 手倒立 hand stand [hænd stænd]
 头手倒立 head stand [hed stænd]
 鲤鱼打挺 Jumping Carp [’dʒəmpin ka:p]

翻身扑虎 jump roll backward dive and press

[dʒʌmp roul 'bækwed daiv ænd pres]

鲤鱼打挺 Jumping up From Lying Position

[dʒʌmpɪŋ ʌp frəm laiŋ pə'zɪʃən]

单臂侧手翻 one-arm cartwheel [wʌn-ə:m 'kɔ:tθwi:l]

抢背 shoulder roll [ʃouldə roul]

抢背 side-diving roll [saɪd-daivíŋ roul]

盘腿跌 side drop [saɪd drəp]

侧空翻 side flip [saɪd flɪp]

侧手翻 side handsprings [saɪd 'hændsprɪŋz]

前滚翻 somersault [ˈsʌməsɔ:lt]

栽碑 straight body drop [streit'bɔ:dɪ drəp]

栽碑 straight fall [strei fɔ:l]

乌龙绞柱 The Black Dragon Coils Around a Pillar

[ðə blæk 'drægən kɔilz ə'raund ə pile]

扑虎 Tiger Pounce ['taigə pauns]

翻身扑虎 Turn Body and Pounce Like Tiger

[tə:n 'bɔ:dɪ ænd pauns laik 'taigə]

⑩ 常用动作名称 (Names of Movements in Common Use)

插步侧踹 back cross step and side sole kick

[bæk krəs step ænd saɪd soul kik]

插步双摆掌 back cross step and swing palms

[bæk krəs step ænd swiŋ pa:mz]

马步盘肘 bend elbow in horse step

[bend 'elbow in hɔ:s step]

弓步推掌 bow step push palm [bou step puʃ pa:m]

弓步顶肘 bow step with elbowing

[bou step wið 'elbowɪŋ]

并步架掌 bring feet together and block with palm

[brɪŋ fi:t tə'geðə ænd blək wið pa:m]

仆步亮掌 crouch step block palm [kraʊtʃ step blək pa:m]

仆步穿掌 crouch step thread palm

[kraʊtʃ step θred pa:m]

仆步穿掌 crouch stance pierce palm

[kraʊtʃ stæns piːs pa:m]

虚步亮掌 empty step block palm

[‘empti step blək pa:m]

虚步挑掌 empty step snap palm

[‘empti step snæp pa:m]

高虚步亮掌 flash palm in high empty step

[flæʃ pa:m in hai ‘empti step]

歇步亮掌 flash palm in seated step

[flæʃ pa:m in ‘si:tid step]

勾手亮掌 hook hand and block with palm

[huk haend ænd blak wið pa:m]

马步冲拳 horse step punch fist [hɔ:s step pʌntʃ fist]

马步推掌 horse step push palm [hɔ:s step puʃ pa:m]

蹬腿冲拳 punch fist and kick with heel

[pʌntʃ fist ænd kik wið hi:l]

丁步下冲拳 punch fist downward in T-step

[pʌnts] fist 'daunwəd in ti:-step]

提膝穿掌 raise knee and thread palm

[reiz ni: ænd θred pa:m]

弓步分掌 separate palms in bow step

['sepərit pa:mz in bou step]

马步砸拳 smash fist in horse-riding step

[smæʃ] fist in hɔ:s-'raidiŋ step]

弹腿冲拳 snap kick and punch fist

[snæp kik ænd pʌnts fist]

震步上冲拳 stamp step and punch upward

[stæmp step ænd pʌnts 'ʌpwa:d]

上步冲拳 step forward and punch fist

[step 'fə:wəd ænd pʌnts fist]

上步撩掌 step forward, arc palm [step 'fə:wəd, ə:k
pa:m]

上步砍掌 step forward chop palm [step 'fə:wəd tʃəp
pa:m]

仆步抢拍 swing arms crouch down and slap floor

[swin a:mz krauts daun ænd slæp flɔ:]

歇步下冲拳 thrust fist downward in seated step

[θrəst fist 'daunwəd in 'si:tid' step]

高虚步挑掌 tile palm in high empty step

[tilt pa:m in hai 'empti step]

转身抡臂踢腿 turn body, swing arms and kick

[tə:n 'bədi swin a:mz ænd kik]

2. 形意拳 (Form and Will Boxing)

- 炮拳 cannon fist [ˈkænən-fist]
劈拳 chop palm [tʃəp pa:m]
鹤形 Crane Exercise [kreɪn ˈeksəsaɪz]
鼍形 Crocodile Exercise [ˈkrəkədail ˈeksəsaɪz]
龙形 Dragon Exercise [ˈdrægən ˈeksəsaɪz]
龙形起落式 Dragon Rises and Fall Form
[ˈdrægən raiziz ænd fo:l fo:m]
钻拳 drill fist [dril fist]
金鸡报晓 Golden Cock Crows at Dawn
[ˈgouldən kək krouz ət də:n]
金鸡上架 Golden Cock Mounts Perch
[ˈgouldən kək maunts pə:tʃ]
金鸡食米 Golden Cock Pecks at Rice
[ˈgouldən kək peks ət rais]
金鸡抖翎 Golden Cock Ruffles Feathers
[ˈgouldən kək rʌflz ˈfeðəz]
马形 Horse Exercise [hɔ:s ˈeksəsaɪz]
崩拳 inch punch fist [intʃ pʌntʃ fist]
猿猴爬竿 Monkey Climbs Pole [ˈmʌŋki klaimz poul]
猿猴叨绳 Monkey Climbs Rope [ˈmʌŋki klaimz roup]
猴形 Monkey Exercise [ˈmʌŋki ˈeksəsaɪz]
猿猴挂印 Monkey Hangs Seal [ˈmʌŋki hænz si:l]
鸡形 Rooster Exercise [ru:stə ˈeksəsaɪz]
蛇形 Snake Exercise [sneɪk ˈeksəsaɪz]

鶲形 Sparrow Hawk Exercise

[ˈspærəu hɔ:k ˈeksəsaɪz]

鶲子入林 Sparrow Hawk Flies into Woods

[ˈspærəu hɔ:k flaɪz ˈɪntu wudz]

鶲子翻身 Sparrow Hawk Flips over

[ˈspærəu hɔ:k flɪps ˈəʊvə]

鶲子束身 Sparrow Hawk Ready to Fly

[ˈspærəu hɔ:k ˈredi tu flai]

鶲子钻天 Sparrow Hawk Soars into Sky

[ˈspærəu hɔ:k sə:z ˈɪntu skai]

燕形 Swallow Exercise [ˈswəlou ˈeksəsaɪz]

横拳 sweeping fist [ˈswi:pɪŋ fist]

三体式 three-in-one form [θri:-in-wʌn fɔ:m]

虎形 Tiger Exercise [ˈtaɪgə ˈeksəsaɪz]

3. 八卦掌 (Eight Diagrams Palm)

青龙出水 Black Dragon Comes Out of Water

[blæk ˈdrægen kəmz aut əv ˈwɔ:tə]

青龙探爪 Black Dragon Reaches Out Its Claw

[blæk ˈdrægen ri:tʃiz aut its klə:]

青龙飞升 Black Dragon Soars Up

[blæk ˈdrægen sə:z ʌp]

青龙返首 Black Dragon Turns Its Head

[blæk ˈdrægen tə:nz its hed]

黑虎出洞 Black Tiger Comes Out of Lair

[blæk 'taigə kʌmz aut əv læ]

磨身掌 body-mill palm [ˈbədi-mil pə:m]

转身掌 body-turn palm [ˈbədi-tə:n pə:m]

翻身掌 body-turnover palm [ˈbədi-ˈtə:nouvé pə:m]

燕子抄水 Diving Swallow [ˈdaivɪŋ ˈwsəlou]

双换掌 double changing palm [ˈdʌbl ˈtʃeindɪŋ pə:m]

苍龙缩尾 Dragon Pulls in Its Tail

[ˈdrægən pulz in its tel]

迎风挥袖 Fling Sleeves Against Wind

[flɪŋ sli:vz ə'geinst wind]

双抱掌 hold ball with both palms

[hould bə:l wið bouθ pə:mz]

狮子抱球 Lion Holds Ball [ˈlaɪən houldz bə:l]

狮子滚球 Lion Rolls Ball [ˈlaɪən roulz bə:l]

磨身踢脚 mill around and kick [mil ə'raund ænd kik]

猿猴蹬枝 Monkey Climbs Branch [ˈmʌŋki klaimz
bra:ntʃ]

猿猴搬枝 Monkey Pulls Down Branches

[ˈmʌŋki pulz daun bra:ntʃiz]

凤凰展翅 Phoenix Spreads Its Wings

[fi:niks spredz its wiŋz]

大蟒翻身 Python Turns Over [ˈpaɪθən tə:nz ˈouva]

探掌 reach out palm [ri:tʃ aut pə:m]

片旋掌 rotate palm [rou'teit pə:m]

走马回头 Running Horse Turns Its Head

[rʌniŋ hɔ:s tə:nz its hed]

- 单换掌 single change palm [ˈsingl tʃeindʒ pa:m]
背身吐信 Snake Turns Back and Spits Out Its Tongue
[sneik tə:nz bæk ænd spits aut its tʌŋ]
燕子入林 Swallow Flies Into Woods
[ˈswəlou flaiz ˈintu wudz]
背身掌 turn-back palm [tə:n-bæk pa:m]
猛虎扑食 Tiger Springs on Prey [ˈtaigə sprinʒən prei]
倒拽风车 Turn Windmill Back [tə:n ˈwindmil bæk]
迎门挥扇 Wave Fan in Front of Gate
[weiv fæn in frʌnt əv geit]
白蛇伏草 White Snake Hides in Grass
[hwait sneik haidz in gra:s]
顺势掌 yielding palm ['ji:ldiŋ pa:m]

4. 南拳 (Southern Style Boxing/Nan Quan)

① 桥法 (Bridge Techniques)

- 攻桥 attack bridge [ə'tæk bridʒ]
架桥 blocking bridge ['bləkɪŋ bridʒ]
蝶手 butterfly hand ['bʌtəflai hænd]
劈桥 chop bridge [tʃəp bridʒ]
圈桥 circle bridge ['sə:kl bridʒ]
鹤嘴手 Crane's-Beak Hand [kreɪnz-bi:k hænd]
切桥 cut bridge [kʌt bridʒ]
双切桥 cut (chop) with both palms
[kʌt (tʃəp) wið bouθ pa:mz]

截桥	intercept bridge [intɔ(:)'sept bridʒ]
压桥	press bridge [pres bridʒ]
滚桥	roll bridge [roul bridʒ]
滚桥	roll forearm [roul 'fɔ:ra:m]
沉桥	sink bridge [sɪŋk bridʒ]
沉桥	sink elbow [sɪŋk 'elbow]
穿桥	thread bridge [θred bridʒ]
标掌	thrust palm [θrʌst palm]
缠桥	twist bridge [twist bridʒ]
抽桥	withdraw bridge [wið'dra: bridʒ]

② 步型 (Stances)

双弓步	double bow stance ['dʌbl bou stæns]
双蝶步	double butterfly stance ['dʌbl 'bʌtəflai stæns]
双蝶步	double fold stance ['dʌbl fould stæns]
骑龙步	dragon-riding stance ['drægən-raidiŋ stæns]
骑龙步	dragon-riding step ['drægən-raidiŋ step]
四六步	four to six stance [fɔ: tu siks stæns]
拐步	half-kneeling step [ha:f-'ni:liŋ step]
一字马步	horizontal horse-riding stance [həri'zəntl hə:s-'raidiŋ stæns]
跪步	kneeling stance ['ni:liŋ stæns]
跪步	kneeling step ['ni:liŋ step]
护裆步	protecting crotch step [prə'tektiŋ krɔ:tʃ step]
单蝶步	single butterfly stance ['singgl 'bʌtəflai stæns]

单蝶步 single fold stance [‘singl fould stæns]

独立步 single leg stance [‘singl leg stæns]

跪步 ⁴squatting stance [‘skwɔtɪŋ stæns]

丁字弓步 T-bow-step [ti:-bou-step]

三七步 three to seven stance [θri tu ‘sevn stæns]

拐步 turning step [‘tə:nɪŋ step]

太极拳 (“Taiji” Boxing/Taiji Quan)

逆缠 adverse twining [‘ædvə:s ‘twainɪŋ]

如封似闭 apparent close-up [ə’pærənt klouz-ʌp]

夺二肱 attack twice with forearm

[ə’tæk twais wið ‘fɔ:ra:m]

后招 backward trick [‘bækwəd trik]

兽头势 beast head pose [bi:st head pouz]

左擦脚 beat left foot [bi:t left fut]

右擦脚 beat right foot [bi:t rait fut]

搂膝拗步 brush knee and twist step

[brʌʃ ni: ænd twist step]

金刚捣碓 Buddha's Warrior Attendant Pounds Mortar

[‘budəz ‘wəriə ə’tendənt paundz ‘mɔ:tə]

窝里炮 Cannon Out of the Bosom

[‘kænən aut əv ðə ‘buzəm]

连珠炮 Cannons in Series [‘kænəns in ‘siəri:z]

三换掌 change palms three times

[tʃeindʒ pa:mz θri: taimz]

蓄劲 collecting power [kə’lektɪŋ ‘paʊə]

掩手肱捶 cover hands and strike with arm

[*'kʌvə hændz ænd 'straik wið a:m*]

抱头推山 cover head and push mountain

[*'kʌvə hed ænd puʃ 'mauntin*]

斜飞脚 cross flying-foot kick [*krəs 'flaiiŋ-fut kik*]

十字手 cross hands [*krəs hændz*]

斜飞(拍)脚 cross-slap kick [*krəs-slæp kik*]

弯弓射虎 Curved Bow Shoots Tiger

[*'kə:vd bou su:ts 'taiga*]

闪通背 deflect through back [*di'flekt θru: bæk*]

闪通臂 deflect with arm [*di'flek wið a:m*]

雀地龙 Dragon Dives to the Ground

[*'drægen daivz tu ðə graund*]

弹抖力 elastic-shaking force [*i'læstik 'seikin fɔ:s*]

穿心肘 elbow to the heart [*'elbou tu ðə ha:t*]

玉女穿梭 fair lady works at the shuttle

[*feə 'leidi wa:ks at ðə 'ʃatl*]

扇通背 fan the back [*sæn ðə bæk*]

初收 first closing [*fɔ:st 'klouzin*]

庇身捶 fist of defence [fist əv di'fens]

肘底看捶 fist under elbow [*fist 'ʌnda 'elbou*]

闪通臂 flash the arm [*flæʃ ði: a:m*]

闪通背 flash through back [*flæʃ θru: bæk*]

斜飞式 flying oblique [*'flaiiŋ ə'blik*]

折迭劲 folding force [*'fouldin fɔ:s*]

前招 forward trick [*'fo:wəd trik*]

揽雀尾 Grasp the Peacock's Tail

[gra:sp ðə 'pi:kəks teil]

金鸡独立 Golden Cock Stands on One Leg

[‘gouldən kək stændz ən wʌn leg]

手挥琵琶 Hand Strums the Lute [hænd strʌmz ðə pi:pɒ]

抱球 holding a ball ['houldɪŋ ə bɔ:l]

玉女穿梭 Jade Girl Works at Shuttles

[dʒeɪd ɡə:l wə:ks ət 'ʃʌtlz]

飞步拗鸾肘 Jump a Step and Twist Elbow

[dʒʌmp ə step ænd twist 'elbou]

蹬一根 kick with heel [kik wið hi:l]

左(右)蹬脚 kick with left (right) leg

[kik wið left (rait) leg]

右蹬一根 kick with right heel [kik wið rait hi:l]

懒扎衣 Lazily Belting Clothes ['leizili 'beltiŋ 'klouðiz]

懒扎衣 Lazy About Tying Robe ['leizi ə'baut 'taɪiŋ
roub]

背折靠 lean and break with back [li:n ænd breik wið
bæk]

左搂膝拗步 left brush knee and twist step

[left brʌʃ ni: ænd twist step]

连环炮 Linked Cannons [lɪŋkt 'kænənz]

海底针 Needle at the Bottom of the Sea

[‘ni:dł ət ðə ‘bɒtəm əv ðə si:]

斜搂膝拗步 oblique brush knee and twist step

[ə'blɪ:k brʌʃ ni: ænd twist step]

- 斩手 palm slice [pa:m slais]
野马分鬃 Parting the Wild Horse's Mane
[‘pa:tɪŋ ðə waild ‘hɔ:siz mein]
高探马 Pat High on the Horse [pæt hai ən ðə hɔ:s]
风扫梅花 Plum Blossoms Scattered By the Wind
[plam ‘bləsəmz ‘skætəd bai ðə wind]
击地捶 pound ground with fist [paund graund wið
fist]
肘底捶 punch under elbow [pʌntʃ ‘ʌndə ‘elbou]
双推手 push both hands [puʃ bouθ hændz]
下势 push down [puʃ daun]
独立下势 push down and stand on one leg
[puʃ daun ænd stænd ən wan leg]
提手上势 raise hands and step up
[reiz hændz ænd step ʌp]
井搅直入 Reach Straight into Well
[ri:tʃ streit ‘intu wel]
倒插 reverse thrust [ri’ve:s θrʌst]
逆缠 reverse twining [ri’ve:s ‘twainin]
倒骑麟 Riding Kylin Backward
[‘raidiŋ ‘kailin ‘bækwəd]
左右金鸡独立 Right and Left Golden Cock
Stands on one leg [rait ænd left ‘gouldən kɔ:k
stændz ən wan leg]
右搂膝拗步 right brush knee and twist step [rait brʌ:
ni: ænd twist step]

抹眉红 rub eyebrows red [rʌb aibrauz red]

再收 second closing ['sekənd 'klouzɪŋ]

分脚 separate legs ['sepərit legz]

摆脚跌叉 shake foot and stretch down
[seik fu:t ænd stretʃ daun]

煞腰压肘拳 sink waist and press elbow down
[sɪŋk weist ænd pres 'elbou daun]

六封四闭 six sealings and four closings
[siks 'si:linz ænd fo: 'klouzinz]

小擒打 small catching and hitting [smo:l 'kætʃɪŋ ænd 'hitɪŋ]

顺弯肘 smooth elbowing [smu:ð 'elbouɪŋ]

顺缠 smooth twining [smu:ð 'twainɪŋ]

劈架子 splitting pose ['splittɪŋ pouz]

双震脚 stamp both feet [stæmp bouθ fi:t]

退步打虎 step backward and beat the tiger
[step 'bækwæd ænd bi:t ðə 'taigə]

退步跨虎 step backward and mount the tiger
[step 'bækwæd ænd maunt ðə 'taigə]

倒卷肱 step back and whirl arms on both sides
[step bæk ænd hwə:l ə:mz ən bouθ saidz]

进步搬拦捶 step up parry and punch
[step ʌp 'pæri ænd pʌntʃ]

退步压肘 step back and press elbow
[step bæk ænd pres 'elbow]

上步七星 Step Forward with Seven Stars

[step 'fɔ:wəd wið 'sevn sta:z]

退步跨虎 Step Backward and Straddle the Tiger

[step 'baekwəd ænd 'strædl ðə 'taigə]

上步七星 Step up to Form Seven Stars

[step ʌp tu: fɔ:m 'sevn sta:z]

当头炮 Strike Face Like Cannon

[straik feis laik 'kænən]

搬拦肘 strike hinder and elbow

[straik 'hində ænd 'elbou]

指裆捶 strike groin with fist [straik grōin wið fist]

双峰贯耳 strike opponent's ears with both fists

[straik ə'pounənts iəz wið bouθ fists]

伏虎 Tame the Tiger [teim ðə 'taigə]

回头当门炮 Turn and Strike Face Like Cannon

[tə:n ænd straik feis laik 'kænən]

转身十字腿 turn body and cross kick

[tə:n 'bədi ænd krəs kik]

转身大捋 turn body and deflect (opponent's) arm

[tə:n 'bədi ænd di'flekt (ə'pounənts) ə:m]

转身双摆莲 turn body with lotus kick

[tə:n 'bədi wið 'loutəz kik]

转身撇身捶 turn body and throw fist

[tə:n 'bədi ænd θrou fist]

转身六合 turn body with six closings

[tə:n 'bədi wið siks klouziŋz]

翻花舞袖 turn flowers out and brandish sleeves

[tə:n 'flauəz aut ænd 'brændiʃ sli:vz]

海底舞花 turn flowers out from the bottom of the sea

[tə:n 'flauəz aut frəm ðə 'bətəm əv ðə:sɪ:]

拗弯肘 twist elbow [twist 'elbou]

缠丝劲 twining power ['twainiŋ 'paʊə]

金刚捣雄 Vajra Pounds Mortar ['vædʒə: paundz 'mo:tə]

前蹬拗步 wade forward and twist step (on both sides)

[weid 'fə:wəd ænd twist step (ən bouθ saidz)]

斜行拗步 walk obliquely and twist step (on both sides)

[wə:k ə'bli:kli ænd twist step (ən bouθ saidz)]

捌捋挤按 ward off, deflect, shove and press

[wə:d ə(:)f di'flekt ʃʌv ænd pres]

运手 wave hands [weiv hændz]

云手 wave hands like clouds [weiv hændz laik klaudz]

十字摆莲 waving lotus cross kick ['weiViŋ 'loutəs krəs kik]

白猿献果 White Ape Presents Fruit [hwait eip 'preznts fru:t]

白鹤亮翅 White Crane Spreads Its Wings

[hwait krein spredz its wiŋz]

白蛇吐信 White Snake Spits Out Its Tongue

[hwait sneik spits aut its tʌŋ]

左裹鞭炮 wrapping fire crackers on the left side

['ræpin 'faɪə 'krækəz ən ðə left said]

右裹鞭炮 wrapping fire crackers on the right side

[ræpin] 'faiə, 'krækəz ən ðə rait said]

黄龙三搅水 Yellow Dragon Stirs Water Three Times
[jelou 'drægən stə:z 'wɔ:tə ðri: taimz]

(二) 拳种和套路名称 (Schools and Names of Routines)

罗汉拳 Arhat Boxing [a:hət 'bəksin]

八极拳 “Bajiquan” [“ba(j)iquan”]

徒手套路 barehand routine ['bəshænd ru:t'i:n]

大架(太极拳) Big Frame (“Taijiquan”) [big freim]

青龙拳 Black Dragon Boxing [blæk 'drægən 'bəksin]

僧门拳 Buddhist School Boxing ['budist sku:l bəksin]

炮捶 Cannon Boxing ['kænən 'bəksin]

脱铐拳 Cast-Off-Handcuffs Boxing

[ka:st-ə(:)f-'hændkəfs 'bəksin]

长拳 “Changquan” [“changquan”]

陈式太极拳 “Chen” Style “Taijiquan” [“chen” stail
“taijiquan”]

戳脚 “Chuojiao” Boxing [“chuojiao” 'bəksin]

子母拳 Composite Boxing ['kəmpəzit 'bəksin]

规定拳 Compulsory Boxing [kəm'pʌlsəri 'bəksin]

规定套路 compulsory routine [kəm'pʌlsəri ru:t'i:n]

鹤拳 Crane Style Boxing [krein stail 'bəksin]

大悲拳 “Dabei” Boxing [“dabei” 'bəksin]

大红拳 “Dahongquan” [“dahongquan”]

刁家教 “Diao”-School Boxing [“diao” -sku:l 'bəksin]

地躺拳 “Ditangquan” [“ditangquan”]

- 狗拳 Dog Style Boxing [dəg stail 'bəksin]
- 龙形拳 Dragon Style Boxing ['drægen stail 'bəksin]
- 醉拳 Drunken Boxing ['drʌŋkn 'bəksin]
- 鸭形拳 Duck Style Boxing [dʌk stail 'bəksin]
- 鹰爪拳 Eagle Claw Boxing ['i:gl klɔ: 'bəksin]
- 十八罗汉拳 Eighteen-Arhat Boxing ['ei'ti:n-'a:hət 'bəksin]
- 八极拳 Eight Extremes Boxing [eit iks'tri:mz 'bəksin]
- 八卦散手 Eight Diagrams Free Fighting
[eit 'daiəgræmz fri: 'faɪtiŋ]
- 八卦连环掌 Eight Diagrams Linked Palm
[eit 'daiəgræmz lɪŋkt pə:m]
- 八方拳 Eight Directions Boxing [eit di'rekʃənz 'bəksin]
- 八门拳 Eight-Gate Boxing [eit'geit 'bəksin]
- 八卦掌 Eight Trigrams Palm
[eit 'traigræmz pə:m]
- 峨嵋功力拳 “Emei” Power Boxing [“emei” 'paʊə 'bəksin]
- 峨嵋派 “Emei” school [“emei” sku:l]
- 峨嵋拳 “Emei” School Boxing [“emei” sku:l 'bəksin]
- 峨嵋六合拳 “Emei” Six Conformities Boxing
[“emei” siks kən'fɔ:mitiz 'bəksin]
- 甲组拳 Expert Level Boxing
['ekspə:t 'levl 'bəksin]
- 翻子拳 “Fanzi” Boxing [“fanzi” 'bəksin]
- 火龙拳 Fire-Dragon Boxing [Fai'-drægen 'bəksin]

- 甲组套路 First Class Routine [fə:st kla:s ru:t'i:n]
五行拳 Five Elements Boxing ['faiv 'elimits 'bəksin]
五行连环拳 Five Elements Linked Boxing
['faiv 'elimits linkt 'bəksin]
五步拳 Five Stances Boxing ['faiv stænsiz 'bəksin]
五星锤 Five-Star Hammer Boxing
['faiv-sta: 'hæmə 'bəksin]
五虎拳 Five-Tiger Boxing [faiv-'taigə 'bəksin]
地躺拳 Floor-Skill Boxing [flə:-skil 'bəksin]
花 拳 Flower Boxing ['flauə 'bəksin]
佛汉拳 “Fohanquan” [“fohanquan”]
练步拳 Footwork Exercise Boxing
['futwə:k 'eksəsaiz 'bəksin]
四十八式太极拳 Forty-Eight-Form “Taijiquan”
['fə:ti-eit-fə:m “taijiquan”]
福建南拳 “Fujian” Southern Style Boxing
[“fujian” 'sʌðən stail 'bəksin]
地躺拳 Ground Boxing [graund 'bəksin]
广东南拳 “Guangdong” Southern Style Boxing
[“guangdong” 'sʌðən stail 'bəksin]
炮捶 Gun-Hammer Boxing [gʌn-'hæmə 'bəksin]
硬门拳 Hard School Boxing [ha:d sku:l 'bəksin]
秘踪拳 Hidden Traces Boxing ['hidn treisiz 'bəksin]
伏虎拳 Hiding Tiger Boxing ['haidin 'taigə 'bəksin]
华拳 “Hua” Boxing [“hua” 'bəksin]
混元掌 “Hunyuan” Palm [“hunyuan” pa:m]

象形拳 Imitation Boxing [im'i'teisən 'bəksin̩]

问津拳 Inquiring Boxing [in'kwaiəriŋ 'bəksin̩]

乙组套路 Intermediate class routine

[intə(:)'mi:djə:t kla:s ru:t̩i:n̩]

江西南拳 “Jiangxi” Southern Style Boxing

[“jiangxi” 'sʌðən stail 'bəksin̩]

孔门拳 “Kong” Style Boxing [“kong” stail 'bəksin̩]

大八极 Large Frame Eight Extremes Boxing

[la:dʒ freim eit iks'tri:mz 'bəksin̩]

大红拳 Large Frame Red Boxing

[la:dʒ freim red 'bəksin̩]

长拳 Long Boxing [ləŋ 'bəksin̩]

罗汉拳 “Luohan” Boxing [“luohan” 'bəksin̩]

地躺拳 Lying Boxing ['laiiŋ 'bəksin̩]

主要流派 major schools ['meidʒə sku:lz]

鸳鸯拳 Mandarin Duck Boxing

[mændəri dʌk 'bəksin̩]

螳螂拳 Mantis Style Boxing ['mæntis stail 'bəksin̩]

男子乙组拳 Men's Intermediate Class Boxing

[men'z ,intə(:)'mi:djə:t kla:s 'bəksin̩]

心意拳 Mind and Will Boxing

[maɪnd ænd wil 'bəksin̩]

心意六合拳 Mind and Will Six-Conformities Boxing

[maɪnd ænd wil siks-kən'fɔ:mitiz 'bəksin̩]

猴拳 Monkey Style Boxing ['mʌŋki stail 'bəksin̩]

自然门 Natural School ['nætʃərəl sku:l]

内家拳 “Neijia” Boxing [“neijia” ‘bəksin̩]

新架(陈式太极拳) New Form (“Chen” Style “Taijiquan”) [nju: fə:m (“chen” stail “taijiquan”)]

初级拳术 Novice Class Boxing [nəvɪs kla:s ‘bəksin̩]

老架(陈式太极拳) Old Form (“Chen” Style “Taijiquan”) [ould fə:m (“chen” stail “taijiquan”)]

开拳 Open Boxing [‘oupen ‘bəksin̩]

开门八极 Open Door Eight Extrems Boxing
[‘oupen də: eit iks’tri:mz ‘bəksin̩]

自选拳 Optional Boxing [’əpʃənəl ‘bəksin̩]

自选套路 Optional routine (set) [’əpʃənəl ru:tɪ:n
(set)]

其它拳术 other boxing styles [’ʌðə ‘bəksin̩ stailz]

炮锤(拳) “Paochui” Boxing [“paochui” ‘bəksin̩]

劈挂拳 “Pigua” Boxing [“pigua” ‘bəksin̩]

梅花螳螂拳 Plum-Blossom Mantis Boxing
[plʌm-’bləsəm ’mæntis ‘bəksin̩]

梅花桩 Plum-Blossom Stake Exercise

[plʌm-’bləsəm steik ’eksəsaiz]

功力拳 Power Boxing [’paʊə ‘bəksin̩]

咏春拳 Praise Spring Boxing [preɪz sprɪŋ ‘bəksin̩]

初级套路 Primary Class Routine [’praiməri kla:s
ru:tɪ:n]

拳术 “Quanshu” [“quanshu”]

红拳 Red Boxing [red ‘bəksin̩]

规定拳 Required Boxing [ri’kwaiəd ‘bəksin̩]

规定套路 Required Routine (Set)

[ri'kwaɪəd ru:'ti:n (set)]

双跨虎拳 Riding-two-Tigers Boxing

[ˈraɪdɪŋ-tu:-'taɪgəz 'bəksɪŋ]

游身八卦掌 Round Body Eight Diagrams Palm

[raund 'bədi eit 'daɪəgræmz pə:m]

陈式一路太极拳 Routine I of the “Chen”-Style

“Taijiquan” [ru:'ti:n wʌn əv ðə “chen”-stail
“taijiquan”]

陈式二路太极拳 Routine II of the “Chen”-Style

“Taijiquan” [ru:'ti:n tu: əv ðə “chen”-stail “tai
jiquan”]

武术流派 school of “Wushu” [sku:l əv “wushu”]

僧门拳 “Seng Men” Boxing [“seng men” 'bəksɪŋ]

分手拳 Separating-Hands Boxing ['sepərɪtɪŋ-hændz
'bəksɪŋ]

七星拳 Seven Stars Boxing ['sevn stə:z 'bəksɪŋ]

七星螳螂拳 Seven Stars Mantis Boxing

[‘sevn stə:z ‘mæntis 'bəksɪŋ]

少林拳 “Shaolin” Boxing [“shaolin” 'bəksɪŋ]

少林十字战拳 “Shaolin” Cross-Fighting Boxing
[“shaolin” krəs-’faɪtɪŋ 'bəksɪŋ]

少林八步连环 “Shaolin” Eight-Step Linked Boxing
[“shaolin” eit-step lɪŋkt 'bəksɪŋ]

少林五战拳 “Shaolin” Five Battles Boxing

[“shaolin” faiv 'bætlz 'bəksɪŋ]

少林五拳 “Shaolin” Five-Fist Boxing

[“shaolin” faiv-fist ‘bəksinj]

少林红拳 “Shaolin Hongquan” [“shaolin hongquan”]

少林连环拳 “Shaolin” Linked Boxing

[“shaolin” ‘liŋkt ‘bəksinj]

少林派 “shaolin” school [“shaolin” sku:l]

少林柔拳 “Shaolin” Soft Boxing [“shaolin” soft
‘bəksinj]

南派少林拳 “Shaolin” Southern School Boxing

[“shaolin” ‘sʌðən̩ sku:l ‘bəksinj]

少林十三抓 “Shaolin” Thirteen-Holds Boxing

[“shaolin” ‘θə:ti:n-houldz ‘bəksinj]

少林行拳 “Shaolin” Walking Boxing

[“shaolin” ‘wə:kiŋ ‘bəksinj]

少林心意把 “Shaolin Xin Yi Ba” (Will Exercises)

[“shaolin xin yi ba” (wil ‘eksəsaiziz)]

少林武术 “Shaolin Wushu” [“shaolin wushu”]

短拳 Short Boxing [ʃɔ:t ‘bəksinj]

四川南拳 “Sichuan” Southern Style boxing

[“sichuan” ‘sʌðən̩ stail ‘bəksinj]

简化套路 Simplified Routine [‘simplifaid ru:ti:n]

简化太极拳 Simplified “Taijiquan” [‘simplifaid “tai-
jiquan”]

鸣鹤拳 Singing Crane Boxing [‘singŋ krein ‘bəksinj]

六合八法 Six Conformities and Eight Techniques

[siks kən’fə:mitiz ænd eit tek’ni:ks]

六合拳 Six Conformities Boxing [siks kən'fɔ:mitiz 'bəksin]

六合螳螂拳 Six Conformities Mantis Boxing
[siks kən'fɔ:mitiz 'mæntis 'bəksin]

六家艺 Six-School Skill [siks-sku:l skil]

六步散手 Six-Step Free Hand Boxing
[siks-step fri: hænd 'bəksin]

滑拳 slippery Boxing ['slipəri 'bəksin]

小八极 Small Frame Eight Extremities Boxing
[smə:l freim eit iks'tremitiz 'bəksin]

小架(太极) Small Frame (“Taijiquan”)
[smə:l freim (“taijiquan”)]

小伏虎拳 Small-Frame Hiding Tiger Boxing
[smə:l-freim 'haidiŋ 'taigə 'bəksin]

小红拳 Small-Frame Red Boxing
[smə:l-freim red 'bəksin]

蛇拳 Snake Style Boxing [sneik stail 'bəksin]

弹腿 Snap Leg Boxing [snæp leg 'bəksin]

绵拳 Soft Boxing [səft 'bəksin]

绵掌 Soft Palm [səft pa:m]

南拳 Southern Style Boxing ['sʌðən stail 'bəksin]

太空拳 Space Boxing [speis 'bəksin]

鹞子拳 Sparrow Hawk Style Boxing
['spærəu hə:k stail 'bəksin]

孙膑拳 “Sunbinquan” [“sunbinquan”]

孙式太极拳 “Sun” Style “Taijiquan” [“sun” stail

“taijiquan”]

太极螳螂拳 “Taiji” Mantis Boxing [“taiji” ‘mæntis
‘bəksin̩]

太极拳 “Taijiquan” [“taijiquan”]

太极球 “Taiji” Ball Play [“taiji” bə:l plei]

太乙五行拳 “Taiyi”-Five-Element Boxing

[“taiyi”-faiv-’eliment ‘bəksin̩]

太极梅花螳螂拳 “Taiji”-Plum-Blossom Mantis

Boxing [“taiji”-plʌm-’bləsəm ‘mæntis ‘bəksin̩]

太极推手 “Taiji” Push Hands [“taiji” puʃ hændz]

四路奔打 The Four Routines of Chase and Strike
boxing [ðə fə: ru:t̬i:nz əv tʃeis ænd straik ‘bəksin̩]

九路伤拳 The Nine Routines of Wounding Boxing
[ðə nain ru:t̬in̩z əv ‘wu:ndiŋ ‘bəksin̩]

十路弹腿 The Ten Routines of Snap Kick Boxing
[ðə ten ru:t̬i:nz əv snæp kik ‘bəksin̩]

小洪拳三十六式 The Thirty-Six Forms of “Xiaohong”
Boxing [ðə ‘θə:ti-siks fə:mz əv “xiaohong” ‘bəksin̩]

三十六路宋江拳 The Thirty-Six Routines of “Song-
jiang” Boxing [ðə ‘θə:ti-siks ru:t̬i:nz əv “song-
jang” ‘bəksin̩]

十二路弹腿 The Twelve Routines of Snap Kick Boxing
[ðə twelv ru:t̬i:nz əv snæp kik ‘bəksin̩]

陈式三十八式太极拳 Thirty-Eight Form “Chen”-
Style “Taijiquan” [’θə:ti-eit fə:m “chen”- stail
“taijiquan”]

三十六闭手 Thirty-Six Close Contact Skills Boxing

[’θə:ti-siks klouz ’kɔntækt skilz ’bəksin̩]

三十二式长拳 Thirty-Two Form Long Boxing

[’θə:ti-tu: fɔ:m ləŋ ’bəksin̩]

三皇炮捶 Three-Emperor Cannon Boxing

[θri:-’empərə ’kænən̩ ’bəksin̩]

通背拳 Through-the-Back Boxing

[θru:-ðə-bæk ’bəksin̩]

虎鹤双形拳 Tiger-Crane Double Style Boxing

[’taigə-krein ’dʌbl stail ’bəksin̩]

虎拳 Tiger Style Boxing [’taigə stail ’bəksin̩]

通背拳 “Tongbei Quan” [“tongbei quan”]

传统拳术 Traditional Chinese Boxing [trə’diʃənəl

传统套路 Traditional Routine [trə’diʃənəl ru:’ti:n̩]

形意十二形 Twelve-Animals Style Boxing

[’twelv-’æniməlz stail ’bəksin̩]

二十四式简化太极拳 Twenty-Four-Form Simplified

“Taijiquan” [’twenti-fə:-fə:m ’simplifaid

“taijiquan”]

二十四式通背拳 Twenty-Four-Form “Tongbeiquan”

[’twenti-fə:-fə:m “tongbeiquan”]

金刚拳 Vajra Boxing [’vædʒə: ’bəksin̩]

外家拳 “Waijia” Boxing [“waijia” ’bəksin̩]

行拳 Walking Boxing [’wə:lkɪŋ ’bəksin̩]

白眉拳 White Eyebrow Boxing [hwait ’aibrau ’bəksin̩]

意拳 Will Boxing [wil 'bəksin̩]

女子乙组拳 Women's Intermediate Class boxing
[‘wiminz ,intə(:)’mi:dʒət kla:s ‘bəksin̩]

巫家拳 “Wu” Style Boxing [“wu” stail ‘bəksin̩]

吴式太极拳 “Wu” Style “Tijiquan”
[“wu” stail “taijiquan”]

武式太极拳 “Wu” Style “Taijiquan”
[“wu” stail “taijiquan”]

武当拳 “Wudang” Boxing [“wudang” ‘bəksin̩]

武当派 “Wudang” School [“wudang” sku:l̩]

无极拳 “Wuji” Boxing [“wuji” ‘bəksin̩]

武术套路 “Wushu” routine [“wushu” ru:t̩i:n̩]

拳种套路 (“wushu”) school routine [(“wushu”)] sku:l̩
ru:t̩in̩]

侠家拳 “Xia” Style Boxing [“xia” stail ‘bəksin̩]

象形拳 “Xiangxing” Boxing [“xiangxing” ‘bəksin̩]

小红拳 “Xiaohongquan” [“xiaohongquan”]

形意拳 “Xingyi” Boxing [“singyi” ‘bəksin̩]

心意拳 “Xinyi” Boxing [“xinyi” ‘bəksin̩]

心意六合拳 “Xinyi Liuhe” Boxing [“xinyi liuhe”
‘bəksin̩]

燕青拳 “Yan Qing” Boxing [“yanqing” ‘bəksin̩]

杨式太极拳 “Yang” Style “Taijiquan”
[“yang” stail “taijiquan”]

两仪拳 “Yin Yang” Boxing [“yin yang” ‘bəksin̩]

义子拳 “Yizi” Boxing [“yizi” ‘bəksin̩]

青年长拳 Youth Long Boxing [ju:θ lɔŋ 'bəksɪŋ]

岳家拳 “Yue” Style Boxing [“yue” stail 'bəksɪŋ]

岳代连拳 “Yue” Style Linked Boxing

[“yue” stail linkt 'bəksɪŋ]

鱼门拳 “Yu” School Boxing [“yu” sku:l 'bəksɪŋ]

余门拳 “Yumenquan” [“yumenquan”]

查拳 “Zha” Style Boxing [“zha” stail 'bəksɪŋ]

四路查拳 “Zhaquan” Routine Number Four

[“zhaquan” ru:tɪ:n 'nʌmbə fɔ:]

赵堡架 (陈式太极拳) “Zhaobao”-Style (“Chen”

style “Taijiquan”) [“zhaolao”-stail (“chen” stail
“taijiquan”)]

子母拳 “Zimuquan” [“zimuquan”]

三、器械类 (Wushu Weapons)

(一) 器械部位名称 (Names of Parts of Weapons)

刀背 back of broadsword [bæk əv 'brə:dso:d]

刃 blade [bleid]

刀彩 broadsword banner ['brə:dso:d 'bænə]

刀身 broadsword blade ['brə:dso:d bleid]

刀彩 broadsword silk ['brə:dso:d silk]

刀彩 broadsword tassel ['brə:dso:d 'tæsəl]

棍把 butt of cudgel [bat əv 'kʌdʒəl]

枪把 butt of spear [bat əv spiə]

- 镖头 dart-head [da:t-hed]
刀刃 edge of blade [edʒ əv bleid]
剑刃 edge of sword [edʒ əv so:d]
棍把 'end of cudgel [end əv 'kʌdʒəl]
枪把 end of spear [end əv spiə]
刀盘(护手) guard of broadsword
[ga:d əv 'brə:dsə:d]
护手盘 hand guard [hænd ga:d]
剑柄 handle of sword ['hændl əv so:d]
鞭把 handle of whip ['hændl əv hwip]
鞭头 head of whip [hed əv hwip]
柄(刀、剑的) hilt [hilt]
枪尖 point of spear [pɔint əv spiə]
环, 铁环 ring [riŋ]
鞘 scabbard ['skæbəd]
枪杆 shaft of spear [ʃa:ft əv spiə]
刀鞘 sheath [ʃi:θ]
入鞘(刀, 剑等) sheathe [ʃi:ð]
枪头 spear head [spiə hed]
剑脊 spine of sword [spain əv so:d]
剑身 sword-blade [so:d-bleid]
剑穗 sword-tassel [so:d 'tæsəl]
穗, 缨 ³tassel ['tæsəl]
枪缨 tassel of spear ['tæsəl əv spiə]
棍梢 tip of cudgel [tip əv 'kʌdʒəl]
刀尖 tip of broadsword [tip əv 'brə:dsə:d]

枪尖 tip of spear [tip əv spiə]

剑尖 tip of sword [tip əv sə:d]

出鞘(刀、剑等) unsheathe ['ʌn'si:ð]

(二) 器械方法 (Weapon Techniques)

1. 刀法 (Broadsword Techniques)

背刀 backing broadsword ['bækɪŋ 'brə:dso:d]

绞刀 broadsword envelopment ['brə:dso:d in'veləpmənt]

撩腕花 broadsword reverse figure-8
['brə:dso:d ri'və:s 'figə-eit]

抱刀 broadsword reverse grip
['brə:dso:d ri'və:s grip]

挑刀 broadsword straight-arm raise
['brə:dso:d streit-a:m reiz]

缠头刀 (broadsword) twining head
[('brə:dso:d) 'twainiŋ hed]

裹脑刀 (broadsword) wrapping head
([('brə:dso:d) 'ræpiŋ hed]

缠头裹脑 “chan-tou-guo-nao” [“chan-tou-guo-nao”]

劈刀 chop with broadsword [tʃəp wið 'brə:dso:d]

云刀 cloud broadsword [klaud 'brə:dso:d]

截刀 crosscut with broadsword
['krə(:)skʌt wið 'brə:dso:d]

拖刀 drag broadsword [dræg 'brə:dso:d]

- 砍刀 hack with broadsword [hæk wið 'brə:dsə:d]
- 藏刀 hide broadsword [haɪd 'brə:dsə:d]
- 捧刀 hold broadsword [hould 'brə:dsə:d]
- 斩刀 horizontal cut with broadsword
[həri'zəntl kʌt wið 'brə:dsə:d]
- 截刀 intercept with broadsword
[int:(:)sept wið 'brə:dsə:d]
- 架刀 over-head block with broadsword
['ouvə-hed 'blək wið 'brə:dsə:d]
- 格刀 parry with broadsword [ˈpaeri wið 'brə:dsə:d]
- 点刀 point broadsword [pɔɪnt 'brə:dsə:d]
- 按刀 press broadsword [pres 'brə:dsə:k'd]
- 推刀 push broadsword [puʃ 'brə:dsə:d]
- 分刀 separate with broadsword ['sepərət wið 'brə:dsə:d]
- 抹刀 slice with broadsword [slais wið 'brə:dsə:d]
- 扫刀 sweep with broadsword [swi:p wið 'brə:dsə:d]
- 扎刀 thrust broadsword [θrʌst 'brə:dsə:d]
- 崩刀 tilt broadsword [tilt 'brə:dsə:d]
- 绞刀 twist broadsword [twist 'brə:dsə:d]
- 撩刀 upper-cut with broadsword
[ʌpə-kʌt wið 'brə:dsə:d]
- 挂刀 upward parry with broadsword
[ʌpwə:d 'paeri wið 'brə:dsə:d]
- 抡挂刀 windmill and parry with broadsword
['windmil ænd 'paeri wið 'brə:dsə:d]
- 带刀 withdraw broadsword ['wiðdrə: 'brə:dsə:d]

裹脑刀 wrap-head broadsword [ræp-hed 'brə:dso:d]

2. 剑法 (Sword Techniques)

云剑 cloud sword [klaud sə:d]

截剑 cross-cut with sword [kræs-kət wiō sə:d]

下挂剑 downward parry with sword ['daunwəd
'pəri wiō sə:d]

绞剑 envelopment with sword [in'veləpmənt wiō
sə:d]

劈剑 hack with sword [hæk wiō sə:d]

抱剑 hold sword [hould sə:d]

斩剑 horizontal cut with sword
[həri'zəntl kət wiō sə:d]

截剑 intercept with sword [intə(:)sept wiō sə:d]

斜刺剑 oblique stab with sword
[əb'li:k stæb wiō sə:d]

架剑 overhead block with sword ['ouvəhed blək wiō
sə:d]

穿剑 pierce with sword [pi:s wiō sə:d]

点剑 point with sword [pəint wiō sə:d]

提剑 raise sword [reiz sə:d]

挑剑 raise sword with straight arm
[reiz sə:d wiō steit a:m]

平抹剑 slice horizontally with sword
[slais ,həri'zəntli wiō sə:d]

抹剑 slice with sword [slais wiō sə:d]

- 云剑 spin with sword [spin wið sə:d]
扫剑 sweep with sword [swi:p wið sə:d]
剪腕花 sword figure-8 [sə:d 'figə-eit]
刺剑 thrust sword [θrʌst sə:d]
崩剑 tilt sword [tilt sə:d]
撩剑 upper cut with sword [ʌpə kʌt wið sə:d]
上挂剑 upward parry with sword [ʌpwəd 'pæri
wið sə:d]
带剑 withdraw sword [wið'drə: sə:d]

3. 枪法 (Spear Techniques)

- 圈枪 circle spear ['sə:kl spiə]
劈枪 downward slice with spear
[/'daunwəd slais wið spiə]
拖枪 drag spear [dræg spiə]
绞枪 envelopment with spear [ɪn'veləpmənt wið spiə]
持枪, 抱枪 hold spear [hould spiə]
拦, 拿, 扎 “lan-na-zha” (“lan-na-zha”)
扑枪 low-stance press spear [lou-stæns pres spiə]
托枪 overhead block with spear ['ouvə hed blək wið
spiə]
拿枪 parry inward with spear ['pæri 'inwəd wið spiə]
拦枪 parry outward with spear ['pæri 'autwəd wið
spiə]
拨枪 parry with spear ['pæri wið spiə]
穿枪 pierce with spear [piəs wið spiə]

- 点枪 point spear [poɪnt spiə]
 拉枪 pull back spear [pul bæk spiə]
 挑枪 raise spear with straight arm [reiz spiə wið streit
 a:m]
 背枪 shoulder spear ['souldə spiə]
 缠枪 spear coil [spiə kɔɪl]
 舞花枪 spear figure-8 [spiə 'figə-eɪt]
 崩枪 spear flick [spiə flik]
 扫枪 spear sweep [spiə swi:p]
 粘枪 sticky-spear ['stiki-spiə]
 摧枪 swing spear downward and slam on ground
 [swɪŋ spiə 'daunwəd ænd slæm ən graund]
 扎枪 thrust spear [θrʌst spiə]
 下扎枪 thrust spear downward [θrʌst spiə 'daunwəd]
 中平扎枪 thrust spear horizontally forward at chest
 level [θrʌst spiə ,həri'zəntli 'fə:wəd ət tʃest 'levl]
 上扎枪 thrust spear upward [θrʌst spiə 'ʌpwəd]
 崩枪 tilt spear [tilt spiə]
 抛枪 toss spear [tɔs spiə]
 带枪 withdraw spear [wið'dra: spiə]

4. 棍法 (Cudgel Techniques)

- 换把 change grip [tʃeindʒ grip]
 平抡棍 circle horizontally with cudgel
 ['sə:kl ,həri'zəntli wið 'kʌdʒəl]
 抡棍 circle with cudgel ['sə:kl wið 'kʌdʒəl]

云棍	cloud cudgel [klaud' kʌdʒəl]
云把	cloud end [klaud end]
盖棍	cover with cudgel ['kʌva wið 'kʌdʒəl]
背棍	cudgel backing ['kʌdʒəl 'bækɪŋ]
架棍	cudgel block ['kʌdʒəl blək]
绞棍	cudgel envelopment ['kʌdʒəl in'veləpmənt]
格棍	cudgel parry ['kʌdʒəl 'pæri]
穿梭棍	cudgel shuttle ['kʌdʒəl 'ʃtʌtl]
扫棍	cudgel sweep ['kʌdʒəl swi:p]
往地棍	cudgel vault ['kʌdʒəl və:lt]
拨棍	deflect with cudgel [de'flekt wið 'kʌdʒəl]
劈棍	downward strike cudgel ['daunwəd straik 'kʌdʒəl]
绞把	end coil [end koil]
劈把	end smash [end smæʃ]
挑把	end tilt [end tilt]
舞花棍	figure-8 with cudgel ['figə-eit wið 'kʌdʒəl]
抱棍	hold cudgel [hould 'kʌdʒəl]
横击把	horizontal strike with end of cudgel [hɔ:rɪ'zəntl straik wið end əv 'kʌdʒəl]
截把	intercept with end of cudgel [intə(:)'setp wið end əv 'kʌdʒəl]
格棍	parry with cudgel ['pæri wið 'kʌdʒəl]
挂把	parry with end of cudgel ['pæri wið end əv 'kʌdʒəl]
点棍	point with cudgel [poɪnt wið 'kʌdʒəl]
戳棍	poke cudgel [pouk 'kʌdʒəl]

- 压棍 press with cudgel [pres wið 'kʌdʒəl]
 推棍 push with cudgel [pus wið 'kʌdʒəl]
 推把 push with end of cudgel
 [puſ wið end əv 'kʌdʒəl]
 托棍 overhead block with cudgel
 ['ouvəhed blok wið 'kʌdʒəl]
 举棍 raise cudgel [reiz 'kʌdʒəl]
 挑棍 raise cudgel with straight-arm
 [reiz 'kʌdʒəl wið streit-a:m]
 提撩舞花 reverse figure-8 [ri've:s (fige-eit)]
 扛棍 shoulder cudgel ['souldə 'kʌdʒəl]
 滑把 slide hand along shaft
 [slaid hænd ə'lɔŋ ſa:ft]
 砸把(盖把) smash with end of cudgel
 [smæſ wið end əv 'kʌdʒəl]
 扫把 sweep with end of cudgel [swi:p wið end əv 'kʌdʒəl]
 截棍 thrust with end of cudgel [θrust wið end əv 'kʌdʒəl]
 崩棍 tilt cudgel [tilt 'kʌdʒəl]
 撩棍 upper cut with cudgel ['ʌps kʌt wið 'kʌdʒəl]
 挂棍 upward cudgel parry ['ʌpwed 'kʌdʒəl 'pærɪ]

5. 九节鞭 (Nine-Section Whip)

斜披红鞭 carry whip obliquely on back
 ['kæri hwip ə'bli:kli ən bæk]

双手舞花鞭 circle whip with both hands

[sə:kł hwip wɪð bouθ hændz]

收鞭 collect whip [kə'lekt hwip]

插步外拐肘鞭 cross step outside bent-elbow whip

lapping [krəs step 'autsaid bent-'elbou hwip
'læʃɪŋ]

双手舞花鞭 double-handed whip figure-8

[dʌbl'-hændid hwip 'figə-eit]

里外拐肘鞭 inward and outward bent-elbow whip

lapping [inwəd ænd 'autwəd bent-'elbou hwip
'læʃɪŋ]

仰挺身下扫鞭 lie on back and sweep whip under body

[lai ən bæk ænd swi:p hwip 'ændə 'bədi]

过头外拐肘鞭 outside bent-elbow over head whip

lapping [autsaid bent-'elbou 'ouvə hed hwip
'læʃɪŋ]

虚步背鞭 shoulder whip in empty step

[souldə hwip in 'empti step]

单手拨花鞭 single handed whip circling

[singł 'hændid hwip 'sə:klinj]

扫鞭 sweep whip [swi:p hwip]

旋子扫鞭 sweep whip in butterfly [swi:p hwip in
'bʌtəflai]

仰身滚动下扫鞭 sweep whip under body while rolling

[swi:p hwip 'ændə 'bədi hwail 'rəʊlinj]

甩头打鞭 swing head and lash whip

[swip hed ænd læf hwip]

里骗马鞭 swing leg inward over whip

[swin̩ leg inwæd ouvæ hwip]

外骗马鞭 swing leg outward over whip

[swin̩ leg autwæd ouvæ hwip]

拨鞭缠脖 swing whip around neck

[swin̩ hwip o'raund nek]

转身背花鞭 turn body and circle whip on back

[tə:n 'bədi ænd 'sə:kl hwip ən bæk]

转身平抡鞭 turn body and swing whip horizontally

[tə:n 'bədi ænd swin̩ hwip ,həri'zəntli]

转身背鞭 turn body with whip on back

[tə:n 'bədi wið hwip ən bæk]

缠腰鞭 wrap whip around waist

[ræp hwip o'raund weist]

6. 常用器械动作名称 (Names of Weapon Movements in Common Use)

弓步劈刀 chop with broadsword in 'bow' step

[tʃəp wið 'brɔ:dsɔ:d in bou step]

弓步劈剑 hack sword in bow step [hæk sɔ:d in bou
step]

虚步藏刀 hide broadsword in empty stance

[haid 'brɔ:a;dʒə:d in 'empti stæns]

半马步平持枪 hold spear horizontally in semi-horse
stance [hould spiə ,həri'zəntli in 'semi-hɔ:s stæns]

并步点剑 point sword with feet together

[point sə:d wið fi:t ta'geðə]

独立刺剑 stand on one leg and thrust sword

[stænd ən wan leg ænd ðrust sə:d]

上步回刺剑 step forward and thrust sword backward

[step 'fɔ:wəd ænd ðrust sə:d 'bækwəd]

仆步扫刀 sweep broadsword in crouch step

[swi:p 'brɔ:dsə:d in krautʃ step]

仆步扫枪 sweep spear in crouch step

[swi:p spiə in krautʃ step]

《三）器械及套路名称（Weapons and Names of Weapon Routines）

古兵器 ancient weapon [einsənt 'wepən]

器械套路 Armed Routine [a:md ru:t'i:n]

斧 axe [æk'si]

钺 battle-axe ['bætl-'æk'si]

铲 (bladed) shovel [(bleidid) 'ʃvəl]

弓箭术 bow-and-arrow play [bou-ænd-'ærəu plei]

刀术 broadswordplay ['brɔ:dsə:dplei]

刀术 broadswordplay ['brɔ:dsə:dplei]

弹弓 catapult [kætəpʌlt]

月牙铲 crescent moon shovel ['kresnt mu:n 'ʃvəl]

弩 crossbow ['krɔ:sbou]

拐 crutch [kratʃ]

- 棍 cudgel [kʌdʒəl]
棍木 cudgel play ['kʌdʒəl pleɪ]
短剑，短刀 cutlas ['kʌtləs]
匕首 dagger ['dægə]
戈 dagger-axe ['dægə-'æksɪz]
镖 dart [da:t]
子母鸳鸯钺 double battle-axes ['dʌbl 'bætl-'æksɪz]
双刀 double broadswords ['dʌbl 'brɔ:dsɔ:dz]
双拐 double crutches ['dʌbl 'krʌtʃɪz]
双匕首 double daggers ['dʌbl 'dægəz]
双叉 double forks ['dʌbl fɔ:ks]
双戟 double halberds ['dʌbl 'hælbə(:)dz]
双手刀 double handed broadswords ['dʌbl 'hændid
'brɔ:dsɔ:dz]
双手剑 Double Handed Sword (Play)
['dʌbl 'hændid sə:d (pleɪ)]
双钩 double-hooks ['dʌbl-huks]
长穗双剑 double long-eared swords
['dʌbl lɔn'-iəd sɔ:dz]
双锏 double maces ['dʌbl meisis]
双剑 double rapiers ['dʌbl 'ræpiəz]
双头棍 double-headed staff ['dʌbl-'hedid sta:f]
双剑 double swords ['dʌbl sɔ:dz]
双棍 double staffs ['dʌbl sta:fs]
双头双枪 double two-headed spears
['dʌbl tu:-'hedid spiəz]

- 双器械 double weapons [dʌbl 'wepənz]
双鞭 double whips [dʌbl hwips]
龙形刀 Dragon Sabre Play ['drægən, 'seiba plei]
龙形剑 Dragon Sword Play ['drægən sɔ:d plei]
醉棍 Drunken Cudgelplay ['drʌŋkən, /kʌdʒəlplei]
醉剑 Drunken Swordplay ['drʌŋkən, 'sɔ:dplei]
八卦刀 Eight-Diagram Broadswordplay
[eit-'daɪəgræm, /brə:dso:dplei]
八仙剑 Eight Immortals Swordplay
[eit i'mɔ:tłz 'sɔ:dplei]
八卦刀 Eight-Trigram Broadswordplay
[eit-'traigræm, /brə:dso:dplei]
峨嵋刺 “emei” daggers [“emei” 'dægəz]
齐眉棍 Eyebrow-Level Staff Play
['aibrau-'levl sta:f plei]
青龙刀, 偃月刀 falchion ['fə:ltsən]
五虎枪 Five-Tiger Spearplay [faiv-'taigə, 'spiəplei]
飞叉 flying fork ['flaiiŋ fɔ:k]
飞钩 flying hook ['flaiiŋ huk]
飞虹剑 Flying-Rainbow Swordplay
['flaiiŋ-'reinboʊ, 'sɔ:dplei]
叉 fork [fɔ:k]
宫天梳 heavenly palace comb ['hevnlɪ 'pælis koum]
戟 halberd ['hælbə(;)d]
戟 halbert ['hælbə(;)t]
硬鞭 hard whip [ha:d hwip]

- 耙 harrow [hærəʊ]
- 斧 hatchet [hætʃɪt]
- 重器械 heavy weapon [hevɪ 'wepən]
- 腰刀 hip-sabre [hip- 'seɪbə]
- 钩 hook [huk]
- 铁尺 iron ruler ['aɪən 'rʊ:lə]
- 轻器械 light weapon [laɪt 'wepən]
- 长穗剑 Long-Eared Sword Play [ləŋ-ɪəd sə:d pleɪ]
- 大刀 long-handle broadsword [ləŋ-'hændl 'brɔ:dso:d]
- 大枪 long-handle spear [ləŋ-'hændl spɪə]
- 朴刀 long-hilt broadsword [ləŋ-hilt 'brɔ:dso:d]
- 大环刀 long-hilt broadsword with rings
[ləŋ-hilt 'brɔ:dso:d wið rɪŋz]
- 春秋大刀 long-hilt scimitar [ləŋ-hilt 'sɪmɪtə]
- 长穗剑 long-tassel sword [ləŋ-'tæsəl sə:d]
- 长器械 long weapon [ləŋ 'wepən]
- 锏 mace [meɪs]
- 流星锤 meteor hammer ['mi:tʃə 'hæmə]
- 猴刀 Monkey Broadsword Play ['mʌŋki 'brɔ:dso:d pleɪ]
- 猴棍 Monkey Cudgelplay ['mʌŋki 'kʌdʒəlpleɪ]
- 多刃兵器 multiple-edge weapon ['mʌltipl-edʒ 'wepən]
- 夜战刀 Night Fighting Broadsword Play
[naɪt 'feɪtɪŋ 'brɔ:dso:d pleɪ]
- 夜行刀 Night Walking Broadsword Play
[naɪt 'wɔ:kɪŋ 'brɔ:dso:d pleɪ]

九节鞭 nine-section whip [nai 'sekʃən hwip]

九节鞭 nine-segment whip [nai-'segment hwip]

其它器械 other weapons ['ʌðə 'wepənz]

牛心拐 ox-heart crutch [oks-ha:t kratʃ]

矛 pike [paik]

咏春刀 Praising Spring Broadsword Play

['preizin sprin 'bro:dsə:d plei]

青萍剑 “Qingping” Swordplay [“qingping” 'so:dplei]

耙 rake [reik]

剑 rapier ['reipie]

滚堂双刀 Rolling Double Broadswords Play

['roulin 'dʌbl 'bro:dsə:dz plei]

绳镖 rope-dart [roup-da:t]

刀 sabre ['seibə]

刀术 Sabre Play ['seiba plei]

盾牌 shield [ʃi:ld]

短剑，匕首 short sword [ʃɔ:t sə:d]

短穗剑 short-tassel sword [ʃɔ:t-'taesal sə:d]

短器械 short weapon [ʃɔ:t 'wepən]

单刀 single broadsword ['singl 'bro:dsə:d]

单刀加鞭 single broadsword plus whip

['singl 'bro:dsə:d plʌs hwip]

单剑 single sword ['singl sə:d]

单器械 single weapon ['singl 'wepən]

单鞭 single whip ['singl hwip]

十八般兵器 skill in wielding the eighteen weapons

[skil in 'wi:ldn ði: 'eitʃ:n 'wepənz]

弹弓 slingshot [ˈslɪŋʃət]

软兵器 soft weapon [soft ˈwepən]

软鞭 soft whip [soft hwip]

枪, 矛 spear [spiə]

枪术 Spear Play [spiə plei]

棒 staff [sta:f]

棍术 Staff Play [sta:f plei]

日月乾坤刀 sun and moon heaven and earth sabre

[sʌn ænd mu:n 'hevn ænd e:θ 'seibə]

刀, 剑 sword [sə:d]

剑术 Swordmanship [ˈsə:dmənʃɪp]

剑术 Sword Play [sə:d plei]

太极刀 “Taiji” Broadsword Play [“taiji” ˈbrɔ:dsə:d plei]

太极尺 “Taiji” Ruler Play [“taiji” ˈrulə plei]

太极剑 “Taiji” Swordplay [“taiji” ˈsə:dplei]

三十二式太极剑 Thirty-Two Forms “Taiji” Swordplay
[θɜ:ti-tu: fə:mz “taiji” ˈsə:dplei]

三尺剑 three-foot-long sword [θri:-fu:t-ləŋ sə:d]

三节棍 three-section staff [θri:-sekʃən sta:f]

三股叉 three-tined fork [θri:-staind fo:k]

三股叉 trident [traɪdənt]

三尖两刃刀 triple-pointed double-bladed long-hilt
sabre [ˈtripl-ˈpoɪntid ˈdbl-ˈbleidid ləŋ-hilt ˈseibə]

霸王棍 two-section long imbalanced cudgel

[tu:-'sekʃən ləŋ im'bælənst 'kʌdʒəl]

两节棍 two-section staff [tu:-'sekʃən sta:f]

两股叉 two-tined fork [tū:-taɪnd fɔ:k]

腰刀 waist-sabre [weɪst 'seɪbə]

行刀 Walking Broadsword Play ['wə:kiŋ 'brə:dso:d
plei]

行棍 Walking Staff Play ['wə:kiŋ sta:f plei]

行剑 Walking Swordplay ['wə:kiŋ 'sə:dplei]

兵器 weapon ['wepən]

器械套路 Weapon Routine ['wepən ru:t'i:n]

鞭 whip [hwip]

鞭杆 whip-cudgel [hwip 'kʌdʒəl]

鞭杆 whip-staff [hwip sta:f]

白蛇剑 White Snake Swordplay [hwait sneik 'sə:dplei]

杨眉剑“Yangmei” Swordplay [“yangmei” 'sə:dplei]

杨家枪 “Yang” Style Spearplay [“yang stail 'spiəplei]

四、对练 (Set Sparring)

器械对练 armed combat [ɑ:md 'kəmbət]

徒手与器械对练 bare-handed and weapon duels
[bə:z'hændid ə:nd /'wepən 'dju(:)əlz]

徒手对练 bare-handed duel [bə:z'hændid 'dju(:)əl]

对剪刀 Broadsword vs. Broadsword

[brə:dso:d /'vækse:s 'brə:dso:d]

刀对盾牌 Broadsword vs. Shield ['brə:dso:d 've:səs]

[ʃi:ld]

对拳 Boxing Match [bək'shɪŋ 'mætʃ]

徒手对练 Barehanded vs. Barehanded

[bərehændid 'və:səs 'bərehændid]

空手夺匕首 Bare Hand vs. Dagger

[bərehænd 'və:səs 'dægə]

空手对盾牌刀 Bare-Handed vs. Shield and Broadsword [bərehændid 'və:səs fi:ld ænd 'bro:dso:d]

双刀进枪 Double Broadsword vs. Spear

[dʌbl 'bro:dso:d 'və:səs spiə]

双匕首进枪 Double Daggers vs. Spear

[dʌbl 'dægəz 'və:səs spiə]

对练 duel [dju(:)əl]

对擒拿 Holding-and-Catching Sparring

[houldin-ænd-kætʃɪŋ 'spa:riŋ]

长拳对练 Paired Long Boxing Practice

[peɪəd lɔŋ 'boksɪŋ 'præktɪs]

对练 paired practice [peɪəd 'præktɪs]

对练 set sparring [set 'spærɪŋ]

盾牌刀对三节棍 齐眉棍 Shield and Sabre vs. Three-Section Staff and Eyebrow-Level Staff [fi:ld ænd 'seibə 'və:səs ðri:-'sekʃən ster:f ænd 'aibrau-'levl sta:f]

单刀进枪 Single Broadsword vs. Spear

[singl 'bro:dso:d 'və:səs spiə]

对练 sparring [spa:riŋ]

- 对扎枪 Spear vs. Spear [spiə 'və:səs spiə]
 枪对牌 Spear vs. Shield [spiə 'və:səs ʃi:lđ]
 剑对牌 Sword vs. Shield [sɔ:d 'və:səs ʃi:lđ]
 对刺剑 Sword vs. Sword [sɔ:d /və:səs sɔ:d]
 三人对拳 Three-Man Combat [θri:-mæn 'kembət]
 三人对打 Three-Man Contest [θri:-mæn kən'test]
 三人对棍 Three-Man Cudgel Play
 [θri:-mæn 'kʌdʒəl pleɪ]

五、对抗项目 (Combat Events)

(一) 散打(Free Sparring)

- 实战 actual combat ['æktyjuəl 'kombat]
 调整姿势 adjust one's position [ə'dʒʌst wʌnz pə'zɪʃən]
 有利位置 advantage position [æd'ventɪdʒ pə'zɪʃən]
 有利位置 advantageous position [ædvən'teɪdʒəs pə'zɪʃən]
 全力进攻 all-out attack [ɔ:l-aʊt ə'tæk]
 进攻角度 angle of attack ['æŋgl əv ə'tæk]
 手臂虚晃 arm feint [ɑ:m-feint]
 攻防技术 art of attack and defence [a:t əv ə'tæk ænd di'fens]
 攻防技术 attack and defence techniques
 [ə'tæk ænd di'fens tek'niks]

- 进攻姿势 attack position [ə'tæk pə'zɪʃən]
进攻能力 attacking ability [ə'tækɪŋ ə'bilit]
技击手段 attacking method [ə'tækɪŋ 'meθəd]
技击, 进攻技巧 attacking skill [ə'tækɪŋ 'skil]
向后移步 back step [baek step]
以拳背击人 backhand swing ['bækhaend swin]
以拳背击人 backhanded blow ['bækhaendid blou]
后跳步 backward jump step ['bækwo:d dʒʌmp step]
练习手套(打沙袋用的) bag gloves [bæg glvz]
最轻量级 bantamweight ['bæntəmweit]
手搏, 徒手格斗 barehanded fighting ['beəhændid 'faitɪŋ]
基本防守动作 basic defense movements
['beisik dɪ'fens 'mu:vments]
击打 beat [bi:t]
腰带, 猛击 belt [belt]
前俯防 bend forward in defence
[bend 'fo:wəd in 'dɪ'fens]
撅对方手臂 bend the opponent's arm backwards
[bend ði: ə'pounənts ə:m 'bækwədz]
防守练习 blocking drill [blə'kiŋ dril]
用手掌打击 blow with palm [blou wɪ:ð pa:m]
假攻 bluff [bla:f]
低头闪躲 bobbing ['bəbɪŋ]
练习袋 body bag ['bədi bæg]
身体虚晃 body feint ['bədi feint]

- 抱躯干过桥摔 body-hold sit-back throw
[ˈbədi-hould sit-bæk θrou]
- 抱腰 body-lock [ˈbədi lək]
- 抱摔 body-slam [ˈbədi slæm]
- 回合 bout [baut]
- 以掌格挡来拳 catch (oncoming fist)
[kætʃ (ən'kʌmɪŋ fist)]
- 使某人的身体倾斜 cause opponent leaning to (one side) [kə:z e'pounənt li:nɪŋ (tu wʌn said)]
- 使对方进攻落空 cause opponent's attack to be ineffective [kə:z e'pounənts e'tæk tu bi: in'fektɪv]
- 击胸部的拳 chest blow [tʃest blou]
- 护胸 chest-pad [tʃest-pæd]
- 护胸 chest-protector [tʃest-prɔ'tekto]
- 护胸 chestplate [tʃestpleit]
- 击下巴颏的拳 chin blow [tʃin blou]
- 绕环防守 circular parries [ˈsə:kjulər 'pærɪz]
- 双腕圈擒 circle hold with both wrists
[sə:kl hould wið bouθ rists]
- 近战 close contact fighting [klous ˈkɒntækt ˈfeɪtiŋ]
- 逼近对方 close in on opponent [klous in ən e'pounənt]
- 落空 come to nothing [kʌm tu 'nʌθɪŋ]
- 开始姿势 commencing position [kə'mensɪŋ pə'zɪʃən]
- 还击 counter [ˈkaunte]
- 连续进攻 continuous attack [kən'tinjuəs e'tæk]
- 还击 counter blow [ˈkaunte blou]

- 反擒 counter-hold [ˈkauntə-həuld]
反防守 counter parry [ˈkauntə ˈpærɪ]
反还击 counter return [ˈkauntə ri'tə:n]
创造进攻条件 create attacking condition
[kri(:)eit ə'tækɪŋ kən'diʃən]
迎击 cross [krəs]
迎击 cross counter [krəs ˈkauntə]
格挡 cross parry [krəs ˈpærɪ]
交锋 cross sword [krəs sɔ:d]
抱腿 crotch hold [krətʃ hould]
抱腿摔 crotch lift [krətʃ lift]
拍击防守，护腕 cuff. [kʌf]
战胜，击败 defeat [di'fi:t]
防守反击 defence and return [di'fens ənd ri'tə:n]
防守技巧 defence skill [di'fens skil]
有效防守 defend effectively [di'fend i'fektivli]
防卫者 defender [di'fendə]
防守 defense [di'fəns]
防守能力 defense ability [di'fens ə'biliti]
防守动作 defense action [di'fens ˈækʃən]
防守练习 defense drill [di'fens dril]
防法 defense methods [di'fens 'meθədz]
防守动作 defense movements [di'fens 'mu:vments]
防守姿势 defense position [di'fens pə'zɪʃən]
防守技术 defense technique [di'fens tek'ni:k]
不同级别 different classes [dɪfərənt ˈklæ:sɪs]

- 难以招架 difficult to ward off [‘difikəlt tu wɔ:d ə(;)f]
- 直接进攻 direct attack [di’rekt:tə’tæk]
- 失去比赛能力 disabled [di’seibld]
- 分级(体重) division [di’viʒn]
- 头部被击中后站立不稳 dizzy [‘dizi]
- 拳打脚踢 blows and kicks [blouz ænd kiks]
- 左闪 dodge to the left [dədʒ tu ðə left]
- 右闪 dodge to the right [dədʒ tu ðə rait]
- 闪躲还击法 dodging and riposte methods
[‘dədʒɪŋ ænd ri’poust ‘məθədz]
- 左直拳接右勾拳 boom-boom [bu:m-bu:m]
- 互击 mutual attack [‘mju:tjuəl ’ətæk]
- 连击 double hit [‘dʌbl hit]
- 抱双腿摔 double-leg drop [‘dʌbl-leg drəp]
- 抱双腿摔 double-leg hold pick-up
[‘dʌbl-leg hould ‘pik-ap]
- 抱双腿摔 double-leg tackle [‘dʌbl-leg ’tækl]
- 双手抓腕 double wristlock [‘dʌbl ’ristlək]
- 留出空当以引诱对方出拳 draw (in) [drə: (in)]
- 转体弯腰闪躲 drop-away [drəp-ə’wei]
- 低头防 drop head in defence [drəp hed in di’fens]
- 变换步法移动身体重心 drop shift [drəp ſift]
- 下蹲闪躲 duck [dʌk]
- 以肘阻挡 elbow block [‘elbou blək]
- 肘击 elbow blow [‘elbou blou]
- 护肘 elbow guard [‘elbou ga:d]

锁肘封喉 elbow-lock strangle hold throat

[elbou-lök 'stræŋgl hould orout]

护肘 elbow pad [elbou-pæd]

基本战术 elementary tactics [eli'mentəri 'tæktiks]

闪躲 elude [i'lü:d]

逃避, 躲避 evade [i'veid]

眼看对方 eyes looking at opponent

[aiz 'lukɪŋ ət ə'pounənt]

眼看对方 eyes on opponent [aiz ən ə'pounənt]

面罩 face mask [feis mɑ:sk]

假动作 fake [feik]

虚击 fake blow [feik blou]

倒地 fall (down) [fə:l (daun)]

摔倒在地 fall onto the ground

[fə:l 'əntu ðə graund]

假攻 false attack [fə:ls ə'tæk]

远侧 far side [fa: said]

有利位置 favourable position ['feivərəbl pə'zisən]

次轻量级 featherweight ['feðəweit]

左直拳 feeler ['fi:lə]

佯攻 feign attack [fein ə'tæk]

假动作 feint [feint]

挡开 fend off [fend ə(:)f]

挡开对方一击 fend off opponent's blow

[fend ə(:)f ə'pounənts blou]

战距 fighting distance ['faɪtiŋ 'distəns]

格斗技巧(术) fighting skills ['faɪtɪŋ skilz]

战术指导 fighting tactics instruction
['faɪtɪŋ 'tæktɪks ɪn'strʌkʃən]

战术训练 fighting tactics training
['faɪtɪŋ 'tæktɪks 'treɪnɪŋ]

拳法 fist-fighting methods
[fist-'faɪtɪŋ 'meθədz]

背摔 flip over back [flip 'ouvə bæk]

顺对方的来势 follow (opponent's) oncoming force
['fəlou (ə'pounənts) ən'kʌmiŋ fo:s]

顺手牵羊 following-the-punch hold
['fəlouɪŋ-ðə-pʌntʃ hould]

以脚为轴转身 foot pivot [fʊt 'pivət]

前臂阻挡 forearm block ['fɔ:rərm blək]

前跳步 forward jump step ['fɔ:wəd dʒʌmp step]

犯规 foul [faʊl]

犯规拳 foul blow [faʊl blou]

护裆 (foul-proof) cup [(faul-pru:f) kʌp]

自由搏击 free combat [fri: 'kəmbət]

自由搏击(散手) free fighting [fri: 'faɪtɪŋ]

散手 free-hand [fri:-hænd]

基本拳法 fundamental fist techniques
[fʌndə'mentl fist tek'ni:ks]

基本姿势, 防守姿势 fundamental position
[fʌndə'mentl po'zɪʃən]

左拳向前冲出 give a straight blow forward with left

- fist [giv ə streit blou -fə:wəd wið left fist]
弃权 give up [giv ʌp]
滑进攻击 glide [glaid]
被击倒 go down [gou daun]
及时 good timing [gud 'taimɪŋ]
缠腿 grapevine leg [græipvain leg]
擒指折腕 grip fingers and break wrist
[grip 'fɪŋgəz ænd breik rist]
头部被击中后站立不稳 groggy [grəgi]
锁臂 hammerlock ['hæmələk]
握手圈擒 handshake-and-circle hold
['hændʃeik-ænd-sə:kl hould]
握手擒拿 handshake hold ['hændʃeik hould]
头撞 head butt [hed bʌt]
夹头 head lock [hed lək]
抱肩颈背摔 head-lock flip [hed-lək flɪp]
练习袋 heavy bag ['hevi bæg]
重击 heavy blow ['hevi blou]
最重量级 heavyweight ['heviweit]
头盔 helmet [helmit]
上下攻击 high and low attack [hai ænd lou ə'tæk]
上下交替攻击 high and low attack
alternately [hai ænd lou ə'tæk o:l'tə:nitli]
击中 hit received [hit ri'si:vd]
过腿摔 hip-roll throw [hip roul θrou]
击中 hit scored [hit skə:d]

命中 hit target [hit 'ta;git]

肘击 hit with elbow [hit wið 'elbou]

破解擒拿法 hold-breaking methods [hould 'breikiŋ 'meθedz]

正面抱膝 hold knee in front [hould ni: in frənt]

抱腿防 hold leg in defence [hould leg in di'fens]

勾拳 hook [huk]

勾防 hook in defence [huk in di'fens]

勾踢 hook kick [huk kik]

挂腿 hook leg [huk leg]

抱住, 紧抱 hug [hʌg]

抱住对方 hugging [hʌgɪŋ]

及时还击 immediate riposte [i'mi:dʒet ri'poust]

不及时 improper timing [im'prɔpər 'taimɪŋ]

处于被动 in an inferior position [in æn in'fiəriər pə'zɪʃən]

及时, 准时 in (good) time [in, (gud) taim]

间接进攻 indirect attack [indi'rekt ə'tæk]

落空 ineffective [ini'fektɪv]

背势 inferior position [in'fiəriər pə'zɪʃən]

近战 infighting ['infaitɪŋ]

后插 insert leg behind (opponent)

[in'se:t leg bi'haind (ə'ponənt)]

插腿防守 insert leg in defence

[in'se:t leg in di'fens]

内侧抱腿 inside crotch hold ['insaid krətʃ hould]

- 内侧格挡 inside parry [ˈinsaɪd ˈpærɪ]
间息 intermission [ˌɪntə(,:)mɪʃən]
缠腿 intertwining leg [ˌɪntə(,:)twaɪnɪŋ leg]
击中无效 invalid hit [ɪnˈvælid hit]
引诱 invitingness [ɪnˈvætɪŋnəs]
引诱 invitation [ˌɪnvɪteɪʃən]
引诱 invite [ɪnˈvaɪt]
引诱 inviting [ɪnˈvaɪtɪŋ]
用拳猛击 jab [dʒæb]
背摔 jackknife [ˈdʒæknaɪf]
向后跃步 jump backward [dʒʌmp ˈbækwɛd]
向前跃步 jump forward [dʒʌmp ˈfɔ:wɛd]
顺势踢 kick according to opponent's posture
[kɪk əˈkɔ:dɪŋ ˈtu əˈpounənts ˈpɔ:stʃə]
踢腿防 kick in defence [kɪk ɪn ˌdi:fensə]
手麓摔 knee-hollow hold throw [ni:θələʊ ˌhould θrou]
抱膝 knee lock [ni: lək]
以膝撞裆 knee opponent's groin
[ni: əˈpounənts ɡroɪn]
击倒 knock down [nɒk daʊn]
过桥摔 lean back [lɪ:n bæk]
左平勾拳 left horizontal hook
[left ˌhərɪz'əntl huk]
左(右)勾拳 left (right) hook [left (rait) huk]
左(右)上勾拳 left (right) uppercut

[left : (rait) /'ʌp, kʌt]

防守 left (side) defence [left (said) di'fens]

防左速击法 left-side defence riposte methods

[left-said, di'fens, ri'poust, 'meθədz]

左闪步 left sidestep [left 'saidstep]

左直拳接右勾拳 left straight followed by right hook

[left streit 'fəlou'd bai rait huk]

抓腿 leg grip [leg grip]

抱腿摔 leg-hold throw [leg-hould θrou]

夹腿 leg lock [leg lok]

护腿 leg protector [leg prə'tekta]

身体……部位着地 lie flat on the ...

[lai flæt ən ði:...]

胸腹着地 lie flat on the belly

[lai flæt ən ðe 'beli]

绊摔 lift and trip [lift ænd, trip]

提脚防 lift foot in defence [lift fut in di'fens]

提膝反踢 lift knee and return kick

[lift ni: ænd ri'tə:n kik]

提腿防下 lift leg for lower defence

[lift leg fo: 'louə di'fens]

左(右)勾踢 left (right) hook kick

[left (rait) huk kik]

抱起 lifting hold ['liftin hould]

轻击 light blow [lait blou]

重量级 light-heavyweight [lait-'heviweit]

中量级 light-middleweight [laɪt-'mɪdlweɪt]

轻量级 lightweight ['laɪtweɪt]

进攻路线 line of attack [laɪn əv ə'tæk]

远距离 long distance [lɔŋ 'dɪstəns]

解脱 loosen grip ['lu:sn̩ 'grɪp]

失势 lose correct posture [lu:z kɔ'rekt ə'pɔːtʃə]

顾此失彼 lose one thing for another [lu:z wʌn θɪŋ fə: ə'nʌðə]

失去反抗能力 lose resistance ability [lu:z rɪ'zɪstəns ə'biliti]

击下部(击对方小腹以下部位) low blow [lou 'blou]

防左下 lower left defence ['louə left dɪ'fens]

防左下还击法 lower left defence riposte methods

[louə left dɪ'fens ri'poust 'meθədz]

防右下 lower right defence ['louə rait dɪ'fens]

防右下还击法 lower right defence riposte methods

[louə rait dɪ'fens ri'poust 'meθədz]

引诱, 诱惑 lure (in) [lju:(r) ə (in)]

保护性滚翻 mat roll [mæt roul]

回合, 局 match [mæts]

技击手段 means of attack [mi:nz əv ə'tæk]

攻击手段 method of attack ['meθəd əv ə'tæk]

防守方法 methods of defence ['meθədz əv dɪ'fens]

次重量级 middleweight ['midlweɪt]

护齿 mouth-guard [maʊθ-ga:d]

近端 near end [niər end]

- 近侧 near side [niə said]
护颈 neck guard [nek' ga:d]
斜上步 oblique forward step [əb'lɪ:k 'fɔ:wəd step]
攻防技术 offense and defense techniques
[ə'fens ənd dɪ'fens tek'nɪ:ks]
进攻动作 offensive action [ə'fensiv 'ækʃən]
实战姿势 on-guard position [ən'ga:d pə'zɪʃən]
左右连续攻击 one-two [wʌn-tu:]
空挡 open “on-guard” position ['oupen "ən'ga:d"]
pa'zɪʃən
做假动作造成对漏空 open up ['oupen ʌp]
空挡(防守不严而造成的) opening ['oupenɪŋ]
外侧抱腿 outside crotch-hold ['autsaɪd krətʃ-hould]
外侧格挡 outside parry ['autsaɪd bæri]
失去平衡 overreach ['ouvə'rɪ:tʃ]
避开打击 parry a blow ['pæri ə bləʊ]
防守与还击 parry and riposte ['pæri ənd ri'poust]
格打 parry and strike ['pæri ənd straik]
格防 parry in defence ['pæri ɪn dɪ'fens]
向上格挡 parry upwards ['pæri 'ʌpwədz]
冲破对方防线 penetrate opponent's defence
[penitreit ə'pounənts dɪ'fens]
及时 perfect timing ['pə:fikt 'taimɪŋ]
抱起 pick-up [pik-ʌp]
攻击目标 point of attack [poɪnt əv ə'tæk]
实用技法 practical attacking techniques

[præktikəl ə'tækɪŋ te'ni:ks]

预备姿势 preparatory position [pri'pærətəri pə'zɪʃən]

身体贴靠对方 press against opponent

[pres ə'geinst ə'pounənt]

压防 press in defence [pres in di'fens]

按膝防 press knee in defence [pres ni: in di'fens]

压腿防 press leg down in defence

[pres leg daun in di'fens]

压滑进攻 pressure glide [prɛʃə gaid]

护头 protect head [prɔ'tekt hed]

护具 protective clothing [prɔ'tekтив klouðin]

护具 protective gear [prɔ'tekтив giə]

反败为胜 pull out of the fire [pul aut əv ðə 'faɪə]

下冲拳 punch downward [pʌntʃ 'daunwəd]

上冲拳 punch upward [pʌntʃ 'ʌpwəd]

练习袋 punching bag [pʌntʃɪŋ bæg]

击打练习 punching drill [pʌntʃɪŋ dril]

拳打脚踢 punching with fists and kicking with legs

[pʌntʃɪŋ wið fists ænd 'kikɪŋ wið legz]

追击 pursuing attack [pə'sju:in ə'tæk]

推开 push away [puʃ ə'wei]

托肘防 push elbow in defence [puʃ 'elbow in di'fens]

推防 push in defence [puʃ in di'fens]

推下颌 push jaw [puʃ dʒɔ:]

预备势 ready position ['redi pə'zɪʃən]

实战 real fighting [ri:l 'faɪtɪŋ]

连续进攻 redoulement [ri(:)dʌblmənt]

解脱 release hold [ri'li:s hould]

反抗能力 resistance ability [ri'zistəns ə'biliti]

禁击部位 restricted area [ris'triktid 'æriə]

反击 retaliate [ri'tælieit]

后退，退却 retire [ri'taiə]

退防 retreat in defence [ri'tri:t in dī'fens]

还击 return [ri'tə:n]

以踢还踢 return a kick for a kick

[ri'tə:n ə kik fə: ə kik]

反夹臂 reverse arm-lock [ri've:s ə:m-lək]

反夹臂背摔 reverse arm-throw [ri've:s ə:m-θrou]

反抱肩颈过桥摔 reverse lean back throw

[ri've:s li:n bæk θrou]

右平勾拳 right horizontal hook

[rait ,həri'zəntl .huk]

右斜步 right oblique step [rait əb'li:k step]

防右 right (side) defence [rait (said) di'fens]

防右还击法 right-side defence riposts methods

[rait-said di'fens ri'poust 'meθədz]

右闪步 right sidestep [rait 'saidstep]

后跳步还击 riposte while jumping backward

[ri'poust hwail 'dampin 'bækwəd]

回合，局 round [raund]

以膝撞裆 sack opponent with knee

[sæk ə'pounənt wið ni:]

- 沙袋 sandbag [ˈsændbæg]
抱腿防 seize leg in defence [si:z leg in di'fens]
抓住进攻时机 seize the opportunity (to attack)
[si:z ði; ,əpə'tju:nit̬ (tu ə'tæk)]
连击 serial blows [ˈsierɪəl blouz]
护腿 shin guard [ʃin ga:d]
近距离 short distance [ʃɔ:t 'dɪstəns]
以肩阻挡 shoulder block [ˈʃouldə blək]
肩摔 (shoulder) flip [ˈʃouldə flip]
肩摔 shoulder throw [ˈʃouldə θrouf]
顺势踹 side sole kick according to opponent's posture
[saɪd soul kik ə'kɔ:dɪŋ tu ə'pounənts 'pəstʃə]
踹防 side sole kick in defence [saɪd soul kik in di'fens]
向旁闪躲 (侧击) side-stepping [saɪd-'stepɪŋ]
侧击 side striking [saɪd 'straɪkiŋ]
闪步 sidestep [saɪdstep]
简单进攻 simple attack [ˈsimpl ə'tæk]
简单防守 simple parity [ˈsimpl 'pærɪ] parity
简单还击 simple return [ˈsimpl rɪ'tɔ:n]
简单还击 simple riposte [ˈsimpl ri'poust]
同时动作 simultaneous action [simə'lteɪnjəs 'ækʃən]
同时进攻 simultaneous attack [simə'lteɪnjəs a'tæk]
互击 simultaneous exchange of blows
[simə'lteɪnjəs ɪks'teɪndʒ əv blouz]
互中 simultaneous hit [simə'lteɪnjəs hit]
互中 simultaneous touch [simə'lteɪnjəs tʌtʃ]

过桥摔 sit-back [sit-bæk]

抱肩颈过桥摔 sit-back with head-lock
[sit-bæk wið hed-łok]

处于反关节状态 situation in which joint is bent backwards
[sitju'eisən in hwitʃ dʒoint iz bent bækwədз]

回挂防 sliding backward block in defence
['slaidin bækwəd blək in di'fens]

滑脱，闪开 slip (out away) [slip (aut e'wei)]

原位防守 stationary defence ['steiʃənəri di'fens]

上步防守 step forward in defence [step 'fo:wəd in di'fens]

上步及时 step forward in time [step 'fo:wəd in taim]

身体贴靠对方 stick to opponent [stik tu e'pounənt]

直拳 straight blow [streit blou]

左直拳 straight left [streit' left]

左直拳 straight left blow [streit left blou]

直拳 straight punch [streit pʌntʃ]

右直拳 straight right [streit rait]

右直拳 straight right blow [steit rait blou]

蹬腿防 straighten leg in defence

[streitn leg in di'fens]

卡脖子 strangle hold ['stræŋgl hould]

左右连续攻击 strike with left fist and right fist in quick succession [straik wið left fist ænd rait fist in kwik sek'seʃən]

顺势 supiorer position [sju(:)piəriər pe'zisən]

战术 tactics [tæktiks]

战术意识 tactics awareness [tæktiks ə'weənɪs]

跟进 tail [teil]

左闪步防守 take left sidestep in defence

[teik left 'saidstep' in di'fens]

闪步 take sidesteps [teik 'saidsteps]

乘机 take the opportunity [teik ði: ,əpə'tju:niti]

有效部位, 目标 target [ta:git]

有效部位, 可击面积 target areas [ta:git 'əriəz]

进攻目标 target of attack [ta:git əv ə'tæk]

摔倒 throw down [θrou ðaun]

将对方摔倒 throw opponent to the ground

[θrou ə'ponent tu ðə graund]

摔法 throwing method [θrouiŋ 'meθəd]

重击 thump [θʌmp]

防守及时 timely defence [taimli di'fens]

上步及时 timely forward step [taimli 'fɔ:wəd step]

向后摔倒 topple over backwards [təpl 'ouvə 'bækwədz]

练习袋 training bag [treiniŋ bæg]

三角步 triangle-step [traiæŋgl-step]

向后绊摔 trip from behind [trip-frəm bi'haind]

转体蹬腿防守 turn body and straighten leg in defence

[tə:n 'bədi ænd 'streitn leg in di'fens]

闪身防守 turn body in defence [tə:n 'bədi in di'fens]

左转身右摆腿 turn body to the left and kick outside

with right leg [tə:n 'bədi tu ðə left ænd kik 'autsaid]

wiɔ rait leg]

反擒腕 twist backward and hold wrist
[twist 'bækwəd ænd hould rist]

别臂 twisting hammerlock [‘twistɪŋ ‘hæmələk]

丧失防守能力 unable to defend oneself
[‘ʌn’eibl tu di’fend wʌn’self]

防上 upper defence [‘ʌpər di’fens]

上勾拳 upper hook fist [‘ʌpə huk fist]

防左上 upper left defence [‘ʌpə left di’fens]

防右上 upper right defence [‘ʌpə rait di’fens]

上勾拳 uppercut fist [‘ʌpəkʌt fist]

防上还击法 upward defence riposte methods
[‘ʌpwəd di’fens ri’poust ‘meθədz]

向上格挡 upward parry [‘ʌpwəd ‘pæri]

挂防 upward parry in defence [‘ʌpwəd ‘pæri in de’fens]

击中有效 valid hit [‘vælid hit]

先锋拳 vanguard blow [‘vængə:d blou]

战术变化 variation of tactics [‘veəri’eisən əv ‘tæktiks]

抱腰摔 waist-hold throw [wist-hould θrou]

招架 ward off [wɔ:d əf(:)f]

弱点, 薄弱部位 weak point [wi:k pɔɪnt]

摔法 wrestling holds [‘resliŋ houldz]

护腕 wrist band [rist bænd]

抓腕 wrist-hold [rist-hould]

短兵 (Short Weapon)

侧闪劈臂 chop at arm with sidestep

[tʃəp ət ə:m wið 'saɪdstep]

劈胸 chop at chest [tʃəp ət tʃest]

劈面 chop at face [tʃəp ət feɪs]

劈头 chop (at) head [tʃəp (ət) hed]

劈腕 chop at wrist [tʃəp ət rist]

截腕 cross-cut at wrist [kres-kʌt ət rist]

直接劈 direct chop [di'rekt tʃəp]

直接刺 direct thrust [di'rekt θrʌst]

下劈 downward chop [daunwəd tʃəp]

弓步下砍 downward chop in bow step

[daunwəd tʃəp in bou step]

正面刺胸 forward thrust to chest

[frent θrʌst tu tʃest]

弓步平斩 horizontal slice in bow step

[həri'zəntl slais in bou step]

斩胸 horizontal slice at chest [həri'zəntl slais ət tʃest]

斩头 horizontal slice at head

[həri'zəntl slais ət hed]

后跳下劈 jump backward and chop downward

[dʒʌmp 'bækwəd ænd tʃəp daunwəd]

后跳抡劈 jump backward, spin weapon and chop

[dʒʌmp 'bækwəd, spin 'wepən ænd tʃəp]

跳起下劈 jump up and chop downward

[dʒʌmp ʌp ænd tʃəp 'daunwəd]

提膝下劈 lift knee and chop downward

[lift ni: ænd tʃəp 'daunwəd]

提膝前劈 lift knee and chop forward

[lift ni: ænd tʃəp 'fɔ:wəd]

提膝刺头 lift knee and stab head [lift ni: ænd stæb hed]

斜刺 oblique thrust [ə'bli:k θrʌst]

弓步推刺 push and thrust in bow step

[puʃ ænd θrʌst in bou step]

弓步左推前劈 push to the left and chop forward in

bow step [puʃ tu ðə left ænd tʃəp 'fɔ:wəd in bou
step]

弓步右推前劈 push to the right and chop forward in

bow step [puʃ tu ðə rait ænd tʃəp 'fɔ:wəd in
bou step]

还击, 回刺 riposte [ri'poust]

短兵格斗 short weapon combat [ʃɔ:t 'wepən 'kombat]

侧劈... side chop with [saɪd tʃəp wið ...]

弓步点(刺)腕 stab wrist in bow step

[stæb rist in bou step]

上步劈头 step forward and chop to head

[step 'fɔ:wəd ænd tʃəp tu hed]

直刺 straight thrust [streit θrʌst]

弓步直刺 straight thrust in bow step

[streit θrʌst in bou step]

弓步架劈 upward parry followed by downward chop
in bow step [ʌpwəd 'pæri 'fəloud bai 'daunwəd
tʃəp in bou step]

(三) 推手 (Push-Hand)

搭手 cross forearms [kros 'fɔ:ra:mz]

捋劲 deflecting force [dif'lektɪŋ fɔ:s]

捋式 deflecting form [dif'lektɪŋ fɔ:m]

定步双推手 double-handed exercises in fixed steps

[dʌbl-'hændid 'eksəsaiziz in fikst steps]

“画圈子” (又称“搭四手”) “drawing circles”

[drə:iŋ 'sə:klz]

定步练习 exercises in fixed steps ['eksəsaiziz in fikst
steps]

活步 free moving steps [fri: 'mu:vɪŋ steps]

以横破道 horizontal force can break vertical force

[həri'zɔntl fɔ:s kæn bréik vərtikal fɔ:s]

大捋 large deflecting movements with moving steps

[lɑ:dʒ dif'lektɪŋ 'mu:vments wið 'mu:vɪŋ steps]

含劲 latent force ['leitənt fɔ:s]

靠劲 leaning force ['li:nɪŋ fɔ:s]

不丢不顶 neither separate nor make forcible contact

[naiðə 'sepərit nə meik 'fɔ:səbl 'kɒn'tækt]

化解 neutralize ['nju:trelaiz]

使对方的力点落空 neutralize opponent's force point

[nju:trelaiz ə'pounənts fɔ:s pɔɪnt]

- 化劲 neutralizing force [‘nju:trelaiz] fə:s]
- 来劲 oncoming force [ən’kʌmɪŋ fə:s]
- 推按 push and press [puʃ ænd pres]
- 推手练习 push-hand exercises [puʃ-hænd eksəsaiz]
- 活步推手 push-hand exercises with free moving steps
[puʃ-hænd ‘eksəsaiz] wið fri: ‘mu:vɪŋ steps]
- 挤劲 pushing force [‘puʃɪŋ fə:s]
- 挤式 pushing form [‘puʃɪŋ fo:m]
- 按劲 pressing force [‘presɪŋ fə:s]
- 按式 pressing form [‘presɪŋ fo:m]
- 单推手练习 single-handed exercises [‘singl-‘hændid
‘eksəsaiz]
- 沾连粘随 stick to each other without being separated
[stik tu i:tʃ ‘ʌðə wi’ðaut ‘bi:iŋ ‘sepəritid]
- 粘劲 sticking force [‘stikiŋ fə:s]
- 棚劲 with force neither too weak nor too strong
[wið fo:s ‘naiðə tu: wi:k nə: tu: strɔŋ]
- 进三退三 three steps forward and three steps backward
[θri: steps ‘fɔ:wəd ænd θri: steps ‘bækwəd]
- 进三退二 three steps forward and two steps backward
[θri: steps ‘fɔ:wəd ænd tu: steps ‘bækwəd]
- 转腰化解 turn waist to neutralize
[tə:n weist tə ‘nju:trelaiz]
- 走劲 walking force [wə:kiŋ fə:s]
- 棚劲 warding-off force [‘wə:dɪŋ-ə(;)f fə:s]
- 棚式 warding off form [‘wə:dɪŋ ə(;)f fo:m]

六、教学与训练 (Teaching and Training)

腹式呼吸法 abdominal breathing exercise

[æb'dəminl 'bri:ðɪŋ 'eksəsaɪz]

积柔成刚 accumulated softness becomes hardness

[e'kjʊ:mjuleitid 'softnis bi'kʌmz 'ha:dni:s]

清晰准确 accurate and clear ['ækjurit ænd klɪə]

快速准确 accurate and quick ['ækjurit ænd kwik]

以小制大 achieve maximum result with minimum

effort [ə'tʃi:v 'mæksimən rɪ'zɔlt wið 'minimən

'efɔ:t]

空中动作 action-in-the-air ['ækʃən-in-ði:-əsə]

灵活多变 active and diverse ['æktyv ænd daɪ've:s]

有氧训练 aerobic training ['eərəubik 'treiniŋ]

反复地 again and again [ə'geɪn ænd ə'geɪn]

灵活多变 agile and changeable ['ædʒail ænd 'tʃeindʒəbl]

全面训练 all-round training [ə:l-raund 'treiniŋ]

左右转换 alternating left and right

[ə:l'tə:nitɪŋ left ænd rait]

变换训练 alternating training [ə:l'tə:nitɪŋ 'treiniŋ]

雄鹰待兔 An Eagle Waiting for a Rabbit

[æn 'i:gl 'weitiŋ fə: ə 'ræbit]

无氧训练 anaerobic training [ə,neiə'rəbik 'treiniŋ]

勾脚尖 ankle joint flexed ['ænk'l dʒɔint 'fleks]

发劲适当 apply an appropriate force

[ə'plai æn ə'prouprieit fə:s]

用劲，发力 apply force [ə'plai fə:s]

运动如抽丝，迈步似猫行 apply power as if drawing

silk from a cocoon, and walk the steps of a cat.

[ə'plai 'paue əz-if 'dro:in silk fram ə kə'ku:n, ænd
wə:k ə steps əv ə kæt]

勁力順達 apply power smoothly [ə'plai'paue'smu:ðli]

塌腰 arch lower back [a:tʃ louə bæk]

转腕旋膀 arm circling and wrist rotation

[a:m 'sə:klip ænd rist rou'teʃən]

臂力 arm power [a:m 'paue]

双手叉腰 arms akimbo [a:mz ə'kimbo]

手臂圆活 arms circles move in flowing

[a:mz 'sə:klz mu:v in 'flouin]

与…同高 as high as... [əz hai əz...]

与肩同高 as high as shoulder [əz hai əz 'ʃouldə]

与眼平 at eye level [ət ai 'levl]

与鼻平 at nose level [ət nouz 'levl]

同时 at the same time [ət ðə seim taim]

辅助练习 auxiliary exercise [ə:g'ziljəri 'eksəsaiz]

意识训练 awareness training [ə'weənis 'treiniŋ]

运动轴 axis of movement ['æksis əv 'mu:vmənt]

弓背 back arched [bæk 'a:tʃid]

拔(直)背 back straight [bæk streit]

向后摆动 back swing [bæk swin]

平衡练习 balance exercise [ˈbæləns ˈeksəsaɪz]

徒手 bare hands [beə hændz]

空手对… bare-handed fight against ...

[beə-ˈhændid] fait à l'encontre de ...

徒手练习 barehand exercise [ˈbeəhænd ˈeksəsaɪz]

空手夺 barehanded against ...

[ˈbeəhændid] à l'encontre de ...

根节 base-section [beis-ˈsekʃən]

基本功练习 basics exercise [ˈbeisiks ˈeksəsaɪz]

基本拳法 basic fist techniques [ˈbeisik fist tekˈni:ks]

基本步法 basic footwork [ˈbeisik ˈfutwə:k]

基本动作 basic movement [ˈbeisik ˈmu:vment]

基本姿势 basic posture [ˈbeisik ˈpəstʃə]

基本步型 basic stances [ˈbeisik ˈstænsɪs]

基本技法 basic technique [ˈbeisik tekˈni:k]

基本理论 basic theory [ˈbeisik ˈθiəri]

挺腹 belly out [ˈbeli aut]

收腹 belly pulled in [ˈbeli puld in]

屈肘 bend elbow [bend ˈelbou]

俯身 bend forward [bend ˈfɔ:wəd]

反关节 bend joint backwards [bend dʒoint ˈbækwədz]

屈膝 bend knee [bend ni:]

屈膝微蹲 bend knees slightly [bend ni:z ˈslaitli]

弓腿 bend leg [bend leg]

上体前俯 bend trunk forward [bend trʌŋk ˈfɔ:wəd]

气 biological energy [baɪə'lɒdʒɪkəl ˈenədʒi]

身械合一 body and weapon become one

[‘bədi ænd ‘wepən bi’kʌm wʌn]

身械不协调 body and weapon not to coordinate

[‘bədi ænd ‘wepən nɒt tu kou’s:dinit]

身体平衡 body balance [‘bədi ‘bæləns]

身体素质 (body) fitness [(‘bədi) ‘fitnis]

身型 body form [‘bədi: fɔ:m]

身体竖直 body erect [‘bədi i’rekt]

身似弓 body like a bow [‘bədi laik ə bou]

身法 body technique [‘bədi tek’ni:k]

团身 (body) tuck [‘bədi tʌk]

身法 body work [‘bədi wə:k]

借力发力 borrow rival's force and use it against him

[‘bərou ‘raivelz fə:s ænd ju:s it ə’geinst him]

双拳密如雨 both fists hitting like rain

[bouθ fists ‘hitɪŋ laik rein]

脆快一挂鞭 both fists hitting like a string of firecrackers

[bouθ fists ‘hitɪŋ laik ə striŋ’əv ‘faɪə’krækəz]

刚柔相济 both hard and soft [bouθ ha:d ænd so:f]

双手如抱球 both hands as if embracing a ball

[bouθ hændz əz if im’breisin ə bə:l]

勇猛快速 brave and swift [breiv ænd swift]

拳势呼吸 breathing following movement [‘bri:ðɪŋ
‘fəlouɪŋ ‘mu:vment]

呼吸节奏 breathing rhythm [‘bri:θɪŋ ‘rɪðəm]

刀如猛虎 broadswordplay like a fierce tiger

- 收臀 [ˈbrɔ:dsə:dplei laik ə fi:s ˈtaigə]
收臀 buttocks in [ˈbʌtəks in]
蹶臀 buttocks raised [ˈbʌtəks reizd]
抓握 catch [kætʃ]
顺势 cede [si:d]
顺带 ceding parry [ˈsi:diŋ ˈpærɪ]
身体重心 centre of balance [ˈsentə əv ˈbæləns]
重心 centre of gravity [ˈsentə əv ˈgreiviti]
换气 change breath [tʃeindʒ breθ]
改变劲力方向 change direction of force
[tʃeindʒ di'rekʃən əv fo:s]
转换方法 changeover method [tʃein ɒʒ ˈouvə ˈmeθəd]
掌法变换 changing plam technique
[tʃeindʒɪŋ plɑ:m tek'ni:k]
挺胸 chest out [tʃest aut]
挺胸 chest (thrust) out [tʃest (θrʌst) aut]
挺胸立腰 chest (thrust) out and waist erect
[tʃest (θrʌst) aut ænd wist i'rekt]
下颏微收 chin dropped slightly [tʃin'drəpt ˈslaitli]
下颏内收 chin (tucked) in [tʃin ('tʌkt) in]
左(右)手划弧 circle left (right) arm [ˈsə:kl left
(rait) ə:m]
向上划弧 circle up [ˈsə:kl ʌp]
循环训练 circuit training [ˈsə:kit ˈtreinɪŋ]
圆形动作, 走弧线 circular movement [ˈsə:kjulə
'mu:vment]

干净利索的 clean [kli:n]

干净利索 clean and sharp [kli:n ænd ſa:p]

清脆, 清晰 clear [klie]

握紧(拳头), 咬紧(牙关) clench [klenč]

握拳 clench fist [klenč fiſt]

攥紧拳头 clench fist tightly [klenč fiſt 'taɪtli]

收势 closing form ['kluozin fə:m]

格斗术 combat skill ['kəmbat ſkil]

动作组合练习 combination exercises

[kəmbi'neiʃn 'eksəsaiziz]

动作组合 combination movements

[kəmbi'neiʃn 'mu:vmentz]

内外结合 combine internal and external

[kem'bain in'tə:nl ænd eks'tə:nl]

神形兼备 combine mind and body [kem'bain maid
ænd 'bodi]

动静结合 combine movement and stillness

[kem'bain 'mu:vment ænd 'stilnis]

合力 combined force [kem'baind fo:s]

综合训练 combined training [kem'baind 'treiniŋ]

起势 commencing form [ke'mensin fə:m]

易犯错误 common error ['kəmen 'era]

同时完成 complete at the same time

[kəm'pli:t ðə ſeim taim]

完全放松 completely relaxed [kəm'pli:tli ri'lækst]

使肌肉完全放松 completely relax one's muscles

[kəm'pli:tli ri'læks wʌnz 'mʌslz]

镇静 composure [kəm'pouʒə]

精神集中, 全神贯注 concentrate ['kənsentreit]

力达掌根 concentrate force at base of palm

[‘kənsentreit fo:s æt beis əv pa:m]

力达脚尖 concentrate force at toes

[‘kənsentreit fo:s æt touz]

集中注意力 concentrate (one's) attention

[‘kənsentreit (wʌnz) ə’tenʃən]

力达…部位 concentrate power at...

[‘kənsentreit ‘paue ət...]

精神集中, 全神贯注 concentration [kənsen’treɪʃən]

实战观念 concept of actual combat [‘kənsept əv
‘æktyəl ‘kəmbət]

步法错乱 confused footwork [kən’fju:zd ‘futwə:k]

有意识的 conscious [‘kənsjuəs]

连续动作 consecutive movement [kən’sekjutiv
‘mu:vment]

变化多端(指方向) constant changes of direction

[‘kənstənt tʃeindʒiz əv di’rekʃən]

套路内容 content of routine [‘kəntent əv ru:tɪ:n]

继续 continue [kən’tinju(:)]

承上势 continuing from previous movement

[kən’tinju:iŋ’ frəm ‘pri:vjes ‘mu:vment]

快速连贯 continuous and quick

[kən’tinjuəs ænd kwik]

姿势正确 correct posture [ə'rekt 'pəstʃə]

交叉 cross [krəs]

前臂斜交叉 cross forearms diagonally

[krəs 'fɔ:rə:mz dai'ægənlɪ]

下蹲 crouch [kraʊtʃ]

棍似疯魔 cudgelplay like a crazed spirit

[kʌdʒəlpleɪ laik ə 'kreɪzd 'spɪrɪt]

划弧 curved [kə:vɪd]

臂部呈弧形 curved arm [kə:vɪd ə:m]

自然深呼吸 deep and natural breathing

[di:p ænd 'nætʃərəl 'bri:ðɪŋ]

深呼吸 deep breathing [di:p 'bri:ðɪŋ]

捋 deflecting movement [di'flektɪŋ 'mu:vment]

示范 demonstrate ['demənstreɪt]

动作示范 demonstration of the movement

[,deməns'treɪʃən əv ðə 'mu:vment]

划圆 describable a circle [dis'kraib ə 'sə:kl]

风格不同 different in style ['dɪfərənt ɪn stail]

不同风格 different styles ['dɪfərənt staɪz]

独具特色 distinctive feature [dis'tɪŋktɪv 'fi:tʃə]

鱼跃 dive like a fish [daiv laik ə fis]

拳法多变 diverse fist techniques [dai've:s fist tek'ni:ks]

如此反复，轮换做 do this repeatedly and alternately

[du: ðis ri'pi:tidli ænd ə:l'te:nitli]

双臂绕环 double arms circle ['dʌbl ə:mz 'sə:kl]

双手抓握 double grip ['dʌbl grip]

- 后退抽回 draw back [drə: bæk]
含胸 draw chest in [drə: tʃest in]
收胯 draw hips in [drə: hips in]
收腹 draw in belly [drə: in 'beli]
左(右)拳收回腰际 draw left (right) fist back to hip
[drə: left (rait) fist bæk tu hip]
后腿蹬地 drive with rear leg [draiv wið riə leg]
沉胯 drop hips [drəp hips]
垂肘, 坠肘 drop elbow [drəp 'elbou]
沉肩 drop shoulders [drəp 'souldəz]
沉肩坠肘 drop shoulders and elbows
[drəp 'souldəz ænd 'elbouz]
塌腰 drop waist [drəp weist]
似醉非醉 drunk in appearance but not in truth
[drʌŋk in ə'piərəns bət nət in tru:θ]
动静疾徐 dynamic and static, fast and slow
[dai'næmik ænd 'stætik, fa:st ænd slou]
动作自如 ease of movement [i:z əv 'mu:vment]
八法 eight techniques [eit tek'ni:ks]
屈肘 elbow bent ['ebou bent]
垂肘 elbow down ['elbou daun]
抬肘 elbow out ['elbou aut]
肘微屈 elbow slightly bent ['elbou 'slaitli bent]
单个动作 element (of movement) ['elimənt (əv
'mu:vment)]
耐力训练 endurance training [in'djuərəns 'treiniŋ]

能量消耗 energy consumption [ˈenədʒi kənˈsʌmpʃən]

内气 energy stream [ˈenədʒi stri:m]

气沉丹田 energy stream flows to “dantian”

[ˈenədʒi stri:m flouz tu “dantian”]

基础练习，基本功练习 essential exercise

[i'senʃəl ˈeksəsaiz]

行进间练习 exercise in locomotion

[ˈeksəsaiz in ,loukə'mousən]

用力 exert force [ig'zə:t fo:s]

用力呼气 exhale forcefully [eks'heil 'fə:sfuli]

讲解 explain [iksp'lein]

讲解与示范 explain and demonstrate

[iks'plein ænd 'demənstreit]

爆发式呼吸 explosive breathing [iks'plousiv 'bri:ðiŋ]

寸劲，爆发力 explosive force [iks'plousiv fo:s]

顺肩 extend shoulder (forward) [iks'tend ˈsouldə ('fə:wəd)]

广泛训练 extensive training [iks'tensiv 'treiniŋ]

外三合 external three conformities [eks'tə:nl θri: ən'fɔ:miti:z]

多余动作 extra movement [ekstrə 'mu:vment]

眼法 eye technique [ai tek'ni:k]

眼法 eye work [ai wə:k]

眼睛随视双掌 eyes follow both palms

[aiz 'fəlou bouθ pa:mz]

眼随剑走 eyes follow sword [aiz 'fəlou sə:d]

- 眼似闪电 eyes like lightening [aiz laik 'laɪtnɪŋ]
目视 eyes look at... [aiz luk ət...]
眼向前平视 eyes look straight forward
[aiz luk streit 'fɔ:wəd]
眼看…方向 eyes look to [aiz luk tu...]
面对面 face to face [feis tu feis]
面对面 facing each other ['feisin i:tʃ 'ʌðə]
动作感觉 feel of the movement [fi:l əv ðə 'mu:vment]
两脚平行开立 feet apart and parallel
[fi:t ə'pa:t ænd 'pærəlel]
两脚分开与肩同宽 feet shoulder-width apart
[fi:t 'souldə-widθ ə'pa:t]
声东击西 feint to the east and punch from the west
[feint tu ði: i:st ænd pʌntʃ frəm ðə west]
猛虎下山 ferocious tiger races down the mountain
[fə'rəʊʃəs 'taigə 'reisiz daun ðə 'mauntin]
想象性格斗对练 fight against an imaginary opponent
[faɪt ə'geɪnst ən i'mædʒɪnəri ə'pounənt]
短兵相接 fight hand to hand [faɪt hænd tu hænd]
指法 finger technique ['fɪŋgə tek'nɪ:k]
指法 finger work ['fɪŋgə wə:k]
同时完成 finish at the same time
['finiʃ ət ðə seim taim]
收式 finishing form ['finiʃɪŋ fɔ:m]
沉稳 firm [fə:m]
刚健沉稳 firm and stable [fə:m ænd 'steibl]

- 拳和肩在一条直线上 fist and shoulder in a straight line [fist ænd 'souldə in ə streit lain]
- 握拳姿势 fist form [fist fo:m]
- 徒手练习 fistfighting exercise ['fistfaɪtiŋ 'eksəsaɪz]
- 拳似流星 fists hitting like meteors
[fists 'hitɪŋ laik 'mi:tjəz]
- 固定方法 fixed method [fikst 'meθəd]
- 定势 fixed position [fikst pə'zɪʃn]
- 措手不及 flat-footed [flæt-'futid]
- 勾脚 flex foot [fleks fut]
- 身灵步轻 flexible body and light and footwork
['fleksəbl 'bədi ænd lait ænd 'futwə:k]
- 下肢灵活 flexible leg ['fleksəbl leg]
- 身灵步活 flexible swift body and footwork
['fleksəbl swift 'bədi ænd 'futwə:k]
- 上浮 float up [flout ʌp]
- 地趟技法 floor-skill [flɔ: skil]
- 动作绵绵不断 flowing movement ['flouɪŋ 'mu:mənt]
- 动作流畅 fluid movements ['flu(:)id 'mu:vment]
- 力点 focus of power ['foukəs əv 'paʊə]
- 折如弓 fold like a bow [fould laik ə bou]
- 跟我做 follow me ['fəlou mi:]
- 脚内扣 foot turned inward [fut tə:nd 'inwəd]
- 脚外展 foot turned outward [fut tə:nd 'autwəd]
- 重如铁 force heavy like iron [fə:s 'hevi laik 'aiən]
- 力达…部位 force is focussed at... [fə:s iz 'foukəst]

at...]

惯性力 force of inertia [fɔ:s əv i'nə:ʃjə]

力从背发，通于肩、肘、达于手 force originates in back flows through shoulders and elbows and reaches hands [fɔ:s ə'ridʒineits in bæk flouz θru: 'ʃouldəz ænd 'elbouz ænd 'ri:tʃiz hændz]

力点 force point [fɔ:s pɔɪnt]

刚劲有力的 forceful ['fɔ:sfʊl]

准确有力 forceful and accurate ['fɔ:sfʊl ænd 'ækjurit]

散手练习 free-hand exercise [fri:-hænd 'eksəsaiz]

由松入柔 from relaxation to softness
[frəm ,ri:læk'seisən tu 'səftnis]

由简列繁 from simple to complicated
[frə: 'simpl tu 'kəmplikeitid]

全蹲 full squat [ful skwət]

四击 four blows [fɔ: blouz]

四击 four strikes [fɔ: straiks]

充分伸展 fully extended ['fʊli iks'tendid]

基本站立姿势 fundamental stance [,fʌndə'mentl stæns]

一般素质训练 general fitness training
['dʒenərəl 'fitnis 'treinin]

上肢松柔 gentle arm ['dʒentl ə:m]

足趾抓地 grasping the ground with toes
['gra:spin ðə graund wið touz]

集体练习 group exercise [gru:p 'eksəsaiz]

半蹲 half squat [ha:f skwət]

手型手法练习 hand form and hand technique exercise
[hænd fɔ:m ænd hænd tek'ni:k 'eksəsaɪz]

手似箭 hands like arrows [hændz laik 'ærəuz]

手似鹰爪 hands like eagle's talons
[hændz laik 'i:głz 'tælənz]

双手叉腰 hands on hips [hændz ən hips]

手似两扇门，全凭腿打入 hands protecting oneself

like two doors, relying entirely on one's leg to
beat the opponent [hændz prə'tektiŋ wʌn'self
laik tu: də:z, ri'laiiŋ in'taiəli ən wʌnz leg tu bi:t
ði: ə'pounənt]

刚柔相济 hardness and softness moving in harmony

[ha:dnis ænd 'səftnis 'mu:vij ɪn 'ha:məni]

刚柔虚实 hardness and softness ,solidity and emptiness

[ha:dnis ænd 'səftnis, sə'lidi:tɪ ænd 'emptinis]

协调连贯 harmonious and smooth

[ha:'mounjəs ænd smu:ð]

内外协调 harmony of inside and outside

[ha:məni əv 'insaɪd ænd 'autsaɪd]

动作协调 harmony of movement ['ha:məni əv
'mu:vment]

头正直 head erect [hed i'rekt]

头正直 head straight [hed 'streit]

头正直 head upright [hed 'ʌprait]

大运动量训练法 heavy training load method

[‘hevi ‘treiniŋ loud ‘meθəd]

大运动量训练阶段 heavy training load phase

[‘hevi ‘treiniŋ loud feɪz]

拔跟 heel raised [hi:l’reɪzd]

后脚拔跟 heel of rear foot off floor

[hi:l əv rɪə fut o(:)f flɔ:]

提踵 heel-up [hi:l-ʌp]

脚跟外蹬 heels outward [hi:lz autwəd]

脚跟外蹬 heels pushed out [hi:lz ‘puʃt aut]

收髋 hips in [hips in]

落臀, 沉髋 hips lowered [hips ‘louəd]

送髋 hips pushed forward [hips ‘puʃt ‘fɔ:wəd]

松胯 hips relaxed [hips ri'lækst]

挺髋 hips thrust out [hips θrʌst aut]

打击力量 hitting power [hitin ‘paʊə]

松握 hold loosely [hould ‘lu:sli]

抓住…不放 hold on to [hould ən tu]

收腹 hold stomach in [hould ‘stʌmək in]

重心保持在右(左)脚 hold weight on right (left)

foot [hould weit ən rait (left) fut]

勾脚尖 hook foot [huk fut]

钩走浪式 hook moving like waves [huk ‘mu:vɪŋ laik
weivz]

勾尖向上 hook pointing up [huk ‘pɔɪntɪŋ ʌp]

平圆 horizontal circle [həri’zəntl ‘sə:kl]

水平力 horizontal force [həri’zəntl fɔ:s]

斩 horizontal slice [həri'zəntl slais]

任他巨力来打我，牵动四两拨千斤 however powerful
a strike, it can be held off with just a tip of the
finger [hau'eve 'pauəful ə straik, it tæn bi: held
ə(:)f wið dʒʌst ə tip əv ðə 'fiŋgə]

动急则急应，动缓则缓随 if opponent attacks quickly
you should react quickly, if slowly then follow
him slowly [if ə'pounənt ə'tæks 'kwikli ju: sud
ri(:)yækt 'kwikli, if 'slouli ðen 'fəlou him 'slouli]

要领，要点 (important) points [(im'po:tənt) points]

气势 imposing manner ['impouziŋ 'mænə]

处于低(高)姿势 in a low (high) position

[in ə lou (hai) pə'zisən]

呈弧形 in an arc [in ən ə:k]

腾空，处于腾空状态 in flight [in flait]

在…前面 in front of [in frənt əv]

在…体前 in front of body [in: frənt əv 'bədi]

和…一致，与…在一直线上 in line with [in lain wið]

竞技状态好 in good condition [in gud kən'diʃən]

处于仰卧状态 in supine position [in sju:'pain pə'zisən]

寸劲 inch force [intʃ fə:s]

转体不充分 incomplete body turn [inkəmp'li:t
'bədi tə:n]

个别辅导 individual coaching [indi'vidjuəl 'koutſiŋ]

内力 inner power ['inə 'pauə]

内侧 inner side ['inə said]

- 教法 instruction methods [in'strʌkʃən 'meθədz]
教材 instructional materials [in'strʌkʃənəl mə'tiəriəlz]
肘与膝合 integration of elbows and knees [,inti'greiʃən
əv 'elbouz ænd ni:z]
手与脚合 integration of hands and feet
[,inti'greiʃən əv hændz ænd fi:t]
心与意合 integration of mind and will
[,inti'greiʃən əv maind ænd wil]
肩与髋合 integration of shoulders and hips
[,inti'greiʃən əv 'souldəz ænd hips]
气与力合 integration of vital energy and strength
[,inti'greiʃən əv 'vaitl 'enədʒi ænd strenθ]
意与气合 integration of will and vital energy
[,inti'greiʃən əv wil ænd 'vaitl 'enədʒi]
全神贯注 intense concentration
[in'tens ,kənsən'treisən]
强化训练 (大强训练) intensive training
[in'tensiv 'treiniŋ]
内三合 internal three conformities
[in'te:nl ðri: kən'fɔ:miti:z]
间歇训练 interval training ['intə'vel 'treiniŋ]
关节松开 joint open [dʒoint 'oupen]
弹跳力 jumping ability [dʒʌmpin e'biliti]
跳跃动作练习 jumping movement exercise
[dʒʌmpin 'mu:vment 'eksəsaiz]
保持身体平衡 keep (body) balance

[ki:p (bədi) 'bæləns]

收臀 keep buttocks in [ki:p 'bʌtəks in]

收臀 keep buttocks tucked in [ki:p 'bʌtəks 'tʌkt in]

保持稳定姿势 keep stable position [ki:p 'steibl pə'zɪʃən]

保持不动 keep stationary [ki:p 'steiʃənəri]

要领 key points [ki: pɔɪnts]

动作要领 key to the movement [ki: tu ðə 'mu:vment]

上踢 kick up [kik ʌp]

用脚背踢 kick with back of foot

[kik wið bæk əv fut]

踢, 打, 摧, 拿 kicking, striking; throwing and
grasping ['kikɪŋ, 'straɪkɪŋ, θrouiŋ ænd 'gra:splɪŋ]

肌肉运动感觉 kinesthetic sensation

[kaini(:)s 'θetik sən'seɪʃən]

掩膝 knees turned inward [ni:z tə:nd 'inwəd]

不协调 lack of coordination [læk əv kou,ə:dī'neiʃən]

缓慢无力 lack of speed and force

[læk əv spi:d ænd fo:s]

功力不足 lacking force ['lækɪŋ fo:s]

向...位置落步 land at... [lænd ət...]

以前脚掌着地 land on the ball of foot

[lænd ən ðə bə:l əv fut]

大缠 large-twining hold [la:dʒ-'twainiŋ hould]

后倾 lean backwards [li:n 'bækwədz]

前倾 lean forward [li:n 'fɔ:wəd]

弧形步上跳 leap in curved steps [li:p in kə:vd steps]

左(右)腿蹬直 left (right) leg straightened
[lef^t (rait) leg 'streitnd]

左势 left style [left stail]

腿部练习 leg exercise [leg 'eksəsaiz]

腿部动作 leg movement [leg 'mu:vemənt]

摆腿速度 leg-swing speed [leg-swiŋ spi:d]

分腿 legs apart [legz ə'pa:t]

两腿交叉 legs crossed [legz 'krəst]

并腿 legs together [legz tə'geðə]

俯卧 lie face down [lai feis daun]

侧卧 lie on side [lai ən said]

俯卧 lie on stomach [lai ən 'stʌmək]

抬头 lift head [lift hed]

抬腿 lift leg [lift leg]

轻灵沉着 light and steady [laɪt ænd 'stedi]

轻快有力 light, swift and forceful

[laɪt, swif^t ænd 'fɔ:sful]

似行云流水 like flying clouds and flowing water

[laɪk 'flaɪŋ kləudz ænd 'flouɪŋ 'wə:tə]

形象意真 likeness in both appearance and spirit

[laɪknɪs in bouθ ə'piərəns ænd 'spɪrɪt]

准备活动 limber up ['limbə ʌp]

连贯圆活 linked up smoothly [lɪŋkt ʌp 'smu:ðli]

瞻前顾后 look ahead and behind [lu:k ə'hed ænd bi'haind]

眼看前方 look forward [lu:k 'fɔ:wərd]

向前平视 look straight ahead [lu:k streit ð'hed]

放松 loosen [lu:sn]

失去平衡 lose balance [lu:z 'bæləns]

清脆响亮 loud and clear [laud ænd klɪə]

腾空不高 low flight [lou flait]

低势 low posture [lou 'pəstʃə]

低势 low position [low pə'zɪʃən]

低强度训练 low-pressure workout

[lou-'preʃə 'wə:kaut]

下盘 lower-section ['louə-'sekʃən]

低头猫腰，学艺不高 lowered head and bent waist

prove one's skill is not high ['louəd hed ænd bent
weist pru:v wʌnz skil iz nöt hai]

握拳 make a fist [meik ə fist]

发声 make a sound [meik ə saund]

垫上练习 matwork ['mætwə:k]

步法错乱 messy footwrok ['mesi 'futwə:k]

用劲方法 methods of applying force

[meθədz əv əp'laiiŋ fə:s]

中盘 mid-section [mid-'sekʃən]

中节 middle-section ['midl-'sekʃən]

下移 move down [mu:v daun]

快如风 move fast like a gust of wind

[mu:v fa:st laik ə gʌst əv wind]

动如涛 move like an ocean wave

[mu:v laik ən 'ouʃən weiv]

缓如鹰 move slowly like a soaring eagle

[mu:v 'slouli laik ə 'so:riŋ 'i:gl]

上移 move up [mu:v ʌp]

动势 moving position ['mu:vɪŋ pə'zɪʃən]

动作分析 movement analysis ['mu:vmənt ə'næləsɪs]

运动在梢，机关在腰 movement at tips, control at
waist ['mu:vmənt ət tips, kən'troul ət weɪst]

动作难度 movement difficulty ['mu:vmənt 'difikəlti]

运动在身，用意在心 movement in the body, will in
the heart ['mu:vmənt in ðə 'bədi, wil in ðə ha:t]

动作次序 movement sequence ['mu:vmənt 'si:kwəns]

动作规格 movement specification

['mu:vmənt ,spesifi'keiʃən]

动作规格 movement standard ['mu:vmənt 'stændəd]

肌肉力量 muscular strength ['mʌskjulə streŋθ]

肌肉控制 muscle control ['mʌsl kən'troul]

肌肉放松 muscle relaxation ['mʌsl ,ri:læk'seisən]

肌肉紧张 muscle tension ['mʌsl 'tenʃən]

自然呼吸 natural breathing ['nætʃərəl 'bri:ðɪŋ]

松静自然 naturally relaxed and calm

✓ ['nætʃərəlɪ ri'lækst ənd ka:m]

轻灵敏捷 nimble and swift ['nimbl ənd swift]

转体90度 ninety degrees body turns ['nainti dɪ'gri:z
'bədi tə:nz]

不丢 no separation [nou ,sepə'reiʃən]

人不知我，我独知人 nobody knows me, while I

know everybody [nou'bodi nouz mi, hwail ai
nou 'evribədi]

动作规格(标准) norm of movement [nɔ:m əv
'mə:tvmənt]; specification of movement
[spesifi'keifən əv 'mu:vment]

不丢 not lose opponent [nət lu:z ə'pounənt]

引进落空 oncoming force strikes emptiness
[ən'ʌmɪŋ fə:s straiks 'emptinɪs]

单脚直立旋转 one-foot upright spin ['wʌn-fut 'ʌprait
spin]

空中转体180度 one hundred and eighty degrees body
turns in the air [wʌn 'hʌndrəd ænd 'eiti di'gri:z
'bədi tə:nz ɪn ði: sə]

拳打千遍，身法自然 only after punching one thousand
punches will body work be natural ['ounli 'a:ftə
'pʌntʃɪŋ wʌn 'θauzənd pʌntʃɪz wil 'bədi wə:k bi
'nætsərəl]

反方向 opposite direction [ə'pəzit di'rekʃən]

风格突出 outstanding style [f'utstændɪŋ stail]

反复地 over and over ['ou've ænd 'ou've]

四两拨千斤 overcome a weight of 1,000 pounds with
four ounces ['ou'vekʌm ə weit əv wʌn 'θauzənd
paundz wi:z fə: aunsiz]

过度紧张 overtense ['ouvətens]

训练过度 overtrain ['ouvətrein]

掌心向内(上、下、外) palm facing in (up, down,

out) [pa:m 'feisɪŋ ɪn (ʌp, daun, aut)]

传授 pass on [pa:s ən]

经…内侧 passing to the inside of... ['pa:sɪŋ tu ði:
insaid əv...]

经…外侧 passing to the outside of...
['pa:sɪŋ tu ði: 'autsaid əv...]

注意 pay attention to [pei e'teɪʃən tu]

身体疲劳 physical fatigue ['fizɪkəl fe'tɪ:g]

身体疲劳 physical strain ['fizɪkəl streɪn]

以…为轴 pivot on... ['pɪvət ən...]

以脚跟为轴 pivot on heel ['pɪvət ən hi:l]

以脚掌为轴 pivot on the ball of foot
['pɪvət ən ðə bɔ:l əv fʊt]

置于 place on [pleis ən...]

要点(要领) point of attention [pɔɪnt əv e'tenʃən]

要领 point to remember [pɔɪnt tʊ ri'membə]

不协调 poor coordination [puər kouə:dɪ'neɪʃən]

力达脚尖 power focussed at tip of foot
['paʊər fəukst ət tip əv fʊt]

力达脚跟 power is focussed at heel ['paʊər ɪz 'foukəst
ət hi:l]

后蹬有力 powerful drive of leg ['paʊəfl draiv əv leg]

用法 practical application ['præktikəl æpli'keɪʃən]

刀的技法 practical application of broadsword
['præktikəl æpli'keɪʃən əv 'brə:dso:d]

棍的技法 practical application of cudgel

[prætikəl ,æpli'keiʃən əv 'kʌdʒəl]

枪的技法 practical application of spear

[præktikəl ,æpli'keiʃən əv spiə]

剑的技法 practical application of sword

[præktikəl ,æpli'keiʃən əv sɔ:d]

方法错误 practical fault [præktikəl fə:lt]

熟能生巧 practice makes perfect

[præktis meiks 'pə:fikt]

内外兼修 practise both the internal and the external

[præktis bouθ ði: in'tə:nl ænd ði: eks'tə:nl]

保护帮助练习 practise with assistance

[præktis wið ə'sistəns]

预备势 preparatory form [pri'pærətəri fo:m]

下按 press down [pres daun]

按 pressing movement [presɪŋ 'mu:vmənt]

练习原则 principle of practice [prɪnsəpl əv præktis]

循序渐进 progression [prəg'refən]

心理训练 psychological training

[saikə'lədʒikəl 'treiniŋ]

收腿 pull back the leg [pul bæk ðə leg]

收拳 pull fist back [pul fist bæk]

收腹 pull in abdomen [pul in 'æbdəmen]

冲拳力量 punching power [pʌntsiŋ 'pauə]

挤 pushing movement [puʃɪŋ 'mu:vmənt]

后腿蹬地 push off rear leg [puʃ o(:)f riə leg]

俯卧撑 push-up [puʃ-ʌp]

外推 push out [puʃ aut]

气 “Qi” [“qi”]

气沉丹田 “Qi” flows to “dantian” [“qi” flouz tu “dantian”]

动作质量 quality of movement [’kwəliti əv ’mu:vment]

迅速有力 quick and forceful [kwik ænd fo:sful]

抬头 raise head [reiz hed]

动作幅度 range of movement [reindʒ əv ’mu:vment]

摆动幅度 range of swing [reindʒ əv swinj]

准备动作 ready movement [’redi ’mu:vment]

后转身 rear pivot [riə ’pivot]

两肘松垂 relax and drop elbows

[ri’læks ænd drəp ’elbouz]

全身放松 relax entire body [ri’læks in’taiə ’bədi]

松肩 relax shoulders [ri’læks ’souldəz]

松腰 relax waist [ri’læks weist]

全身放松 relax whole body [ri’læks houl ’bədi]

松劲 relaxed force [ri’lækst fo:s]

放松踢 relaxed kicking [ri’lækst ’kikinj]

放松 release [ri’li:s]

发力 release force [ri’li:s fo:s]

劲力顺达 release force smoothly [ri’li:s fo:s ’smu:ðli]

保持不动 remain stationary [ri’mein ’steisənəri]

重复, 重做 repeat [ri’pi:t]

重复训练 repetition training [repɪ’tiʃən ’treininj]

保持伸直状态 retain straight posture

[ri'tein str'eit 'peastʃə]

收回…位置 retrieve to [ri'tri:v tu]

收回…位置 return to [ri'tɔ:n tu]

后绕环 reverse circle [ri've:s 'se:kl]

反方向 reverse direction [ri've:s di'rekʃən]

反握 reverse grip [ri've:s grip]

后转身 reverse pivot [ri've:s 'pivət]

节奏分明 rhythm clear ['riðəm klɪə]

动作节奏 rhythm of movement ['riðəm əv'mu:vmənt]

右势 right style [raɪt stail]

起伏 rise and fall [raɪz ænd fə:l]

起伏转折 rising, falling, turning and folding

[raɪzɪŋ, 'fə:liŋ, 'tə:nɪŋ ænd 'fouldɪŋ]

套路布局 routine distribution [ru:'ti:n ,distrɪ'bju:ʃən]

套路训练 routine training [ru:'tin 'treiniŋ]

助跑 run-up [rʌn-ʌp]

松垂 sag [sæg]

蓄劲如开弓，发劲似放箭 save power like drawing a

bow, apply force like loosing an arrow [seiv 'paʊə

laik drə:iŋ ə bou, ə'plai fə:s laik lu:sing ən 'ærəu]

向…下挂 scoop down [sku:p daun]

分解练习 segment drills ['segmənt drilz]

分解动作 segmented movement ['segməntid 'mu:vmənt]

自我放松 self-relaxtion [self-,ri:læk'seif:n]

节奏感 sense of rhythm [sens əv 'riðəm]

分力 separated force ['sepəritid fɔ:s]

静心聚神 serene heart and concentrated mind
[si'ri:n hæ:t ænd 'kɔnsentreitid maind]

动作组合练习 series drills ['siəri:z drilz]

落如鹊 set foot down like a magpie

[set fut daun laik ə 'mægpai]

抖力 shaking force ['ʃeikɪŋ fɔ:s]

抖劲 shaking power ['ʃeikɪŋ 'paʊə]

转移重心 shift weight [ʃift weit]

重心前移 shift weight forward [ʃift weit 'fɔ:wəd]

短冲训练法 short intensive training method
[ʃɔ:t intensiv 'treinɪŋ 'meθəd]

肩臂练习 shoulder and arm exercise ['ʃouldə ænd ə:m
'eksəsaɪz]

高与肩平 shoulder height ['ʃouldə haɪt]

与肩同宽 shoulder width apart ['ʃouldə widθ ə'pa:t]

喊，发声 shout cry [ʃaut kraɪ]

耸肩 shrug shoulders [ʃrʌg 'ʃouldəz]

单臂绕环 single arm circle ['singl ə:m 'sə:kli]

单个动作 single movement ['singl 'mu:vment]

单势练习 single posture exercise

[singl 'pəstʃə 'eksəsaɪz]

上体后坐 sit back (on hips) [sit bæk (ən hips)]

柔和缓慢 slow and gentle [slou ænd 'dʒentl]

小缠 small-twining hold [smə:l-'twainiŋ hould]

劲力顺达 smooth power [smu:ð 'paʊə]

摆头 snap head around [snæp hed (ə'raund)]

抖腕 snap wrist [snæp rist].

抖腕亮掌 snap wrist and flash palm

[snæp rist ænd 'flæʃ pa:m]

以柔克刚 softness controlling hardness

[səftnis kən'troulin 'ha:dni:s]

柔中寓刚 hardness dwells in softness

[ha:dni:s dwelz in 'səftnis]

枪如游龙 spearplay like an undulating dragon

[spiəplei laik ən 'ʌndʒuleitŋ 'drægən]

具体动作 specific movement [spi'sifik 'mu:vment]

专项技术 specific technique [spi'sifik tek'ni:k]

单项训练 specific training [spi'sifik 'treiniŋ]

速度训练 speed training [spi:d 'treiniŋ]

加速 speed up [spi:d ʌp]

旋转自如 spinning freely [spiniŋ 'fri:li]

精神, 意, 气, 力 spirit, will, vital energy and strength

[spirit, wil, 'vaitl 'enədʒi ænd strenθ]

精神饱满 spirited ['spiritid]

保护与帮助训练 spotting and assistance training

[spɔtiŋ ænd ə'sistəns 'treiniŋ]

起如猿 spring up like a ape [sprin ʌp laik ə eip]

蹲下 squat down [skwət daun]

蹲跳 squat-hop [skwət-həp]

步型步法练习 stance and footwork exercise

[stæns ænd 'futwə:k 'eksəsaiz]

站如松 stand like a pine [stæd laik ə pain]

站如鹤 stand on one leg like a crane
[stænd on wan leg laik ə krein]

立身中正 stand straight and centred
[stænd streit ænd 'sentəd]

并步直立 stand upright with feet together
[stænd 'ʌprait wið fi:t tə'geðə]

开步站立 stand with feet apart [stænd wið fi:t ə'pa:t]

动作标准 standard of movement

[‘stændəd əv 'mu:vment]

支撑腿 standing leg ['stændɪŋ leg]

起势 starting position ['sta:tiŋ pə'zɪʃən]

避实击虚 stay clear of the rival's attacks and hit
at his weak points [stei kliə əv ðə 'raivəlz ə'tæks
ænd hit ət his wi:k 'points].

沉着稳健 steady and composed [‘stedi ænd
kəm'pouzd]

稳如山 steady as a mountain

[‘stedi əz ə 'mauntin]

步法稳固 steady footwork [‘stedi 'futwə:k]

逐步 step by step [step拜步]

僵硬顶劲 stiff force [stif fo:s]

以静制动 stillness controlling movement

[‘stilnis kən'trouliŋ 'mu:vnment]

腿直 straight leg [streit leg]

直腰 straight torso [streit 'tɔ:sou]

- 直腕 straight wrist [streit rist]
右腿蹬直 straighten right leg ['streitn rait leg]
主动 stress dynamic (element)
[stres dai'næmik ('elɪmənt)]
主刚 stress hard (element) [stres ha:d ('elɪmənt)]
主柔 stress soft (element) [stres səft ('elɪmənt)]
主静 stress static (element) [stres 'stætik ('elɪmənt)]
前伸 stretch forward [stretʃ 'fɔ:wəd]
伸直 stretch out [stretʃ aut]
棍打一大片 strike staff on a large plane
[straɪk sta:f ən ə la:dʒ plen]
节奏性强 strong rhythm [strɔŋ 'rɪðəm]
动作结构 structure of movement ['strʌktʃə əv
'mu:vment]
套路结构 structure of routine ['strʌktʃə əv ru:tin]
套路结构 structure of set ['strʌktʃə əv set]
爆发力 sudden burst of force ['sʌdn bə:st əv fɔ:s]
支撑腿 supporting leg [sə'pɔ:tɪŋ leg]
潇洒飘逸 sweeping and elegant ['swi:pɪŋ ænd 'elɪgənt]
快速凶猛 swift and fierce [swif t ænd fɪəs]
快速猛烈 swift and powerful [swif t ænd 'paʊəfʊl]
下摆 swing downward [swɪŋ 'daunwəd]
挥臂, 摆臂 swing of the arm [swɪŋ əv ði: ə:m]
持剑手 sword hand [sɔ:d hænd]
剑似飞凤 swordplay like a flying phoenix
['sɔ:dplei laik ə 'flaiiŋ 'fi:niks]

移步与转体一致 synchronize steps with body turns

[sɪnkrənaɪz] steps wið /bədi tənz]/ nist

侧迈步 take a step sideways [teik ə step /saɪdweɪz]

上半步 take half a step forward 额外步子 [teik hæf a step /fɔːrwd]

起跳 take-off [teik-əf] 起跳 [tɔɪkəf] 跳脚

起跳脚 take-off foot [teik-əf əfʊt] 起跳脚

右脚起跳 take-off on right foot [tɔɪk-əf ən rʌɪt fʊt]

[teik-əf ən rʌɪt fʊt] 右脚起跳 [tɔɪk-əf ən rʌɪt fʊt]

技术特点 technical characteristics [teknikal ˌkærɪktə'ristɪks]

技术特点 technical feature [teknikal ˈfیətʃə]

技术水平 technical level [teknikal ˈlevl]

技术训练 technical training [teknikal ˈtreɪnɪŋ]

技术训练 technique drill [tek'nɪkə d्रɪl]

枪为兵器之王 the spear is king of the “Wushu”

Weapons [wɛpənz] 武器 [wʌrɪz]

形中有意 意中有序 there is mind in posture and

posture in mind [ðeə iz maɪnd ɪn ˈpəʊʃə] and

posture in mind [ðeə iz maɪnd ɪn ˈpəʊʃə] 意中有形

胸式呼吸 thoracic breathing [θə'resɪk ˈbreðɪŋ]

三型 three forms [θriː əfɔrmz] 形式 [fɔrmɪz]

甩头 (摇头) throw head [θrəʊ hed]

枪扎一条线 thrust spear in straight line

[θrust spie in straɪt laɪn] 枪刺 [gʌn srie]

刺枪如射箭 往来一条线 thrust spear like shooting

an arrow; in and out along one line [ət ət spiə
laik ʃu:tin] 例：ærəʊ; in and out ə'thaʊ; wan lain]

脚尖内扣 tip of foot hooked in [tip əv fʊt hukɪt in]

舌尖抵上腭 tip of tongue touching hard palate
[tip əv tʌŋ ˈtʌtʃɪŋ hæd'peɪlɪt] 例：ækɪt

稍节 tip-section [tip- sekʃn] 例：æfə-

脚趾抓地 toes grasp the ground [touz grɑ:s pθ ðə graund]

脚尖内扣 toes inward [touz ɪn'wɛd] 例：æfə-

脚尖点地 toes on floor [touz ən 'flo:] 例：æfə-

脚尖点地 toes on ground [touz ən graund]

脚尖外撇 toes outward [touz 'aʊt'wɛd]

绷脚面 toes pointed [touz 'paɪntɪd] 例：æfə-

脚尖外展 toes pointing outward
[touz 'paɪntɪŋ 'aʊt'wɛd] 例：æfə-

脚微内扣 toes pointing slightly inward [touz 'paɪntɪŋ 'slaitɪli 'ɪn'wɛd] 例：æfə-

脚尖外展 toes turned out [touz 'te:ndt aut]

训练周期 training cycle [træniŋ 'saikl]

训练效果 training effect [træniŋ ə'fekt]

训练场地 training ground [træniŋ 'graund]

训练强度 training intensity [træniŋ in'tensiti]

训练负荷 training load [træniŋ ləud]

训练方法 training methods [træniŋ 'meθədz]

训练期 training period [træniŋ 'pəriəd]

训练计划 training plan [træniŋ 'plæn]

训练大纲 training program [traineɪŋ, 'prəgræm]

训练进度表 training schedule [traineɪŋ, 'skedʒul]

训练课 training session [traineɪŋ, 'sesn̩]

重心转移到… transfer weight onto [træns'fe: ˌwεɪt 'ɒntu:ʊt̩]

[træns'fə: ˌwεɪt 'ɒntu:ʊt̩] 转到 重心到

重心移至左脚 transfer weight onto left foot [træns'fə: ˌwεɪt 'ɒntu: left, fʊt]

[træns'fə: ˌwεɪt 'ɒntu: left, fʊt] 转到 左脚

过渡动作 transition movement [træn'sizən̩ 'mu:vment̩]

巨力 tremendous force [tri'mendəs fɔ:s]

上体后倾 (trunk) leaning backward [trʌŋk] ˈli:nɪŋ bækwərd̩

[trʌŋk] ˈli:nɪŋ bækwərd̩

上体前倾 (trunk) leaning forward [(trʌŋk) ˈli:nɪŋ fo:wərd̩]

上体正直 upright [trʌŋk ˈa:prait]

跌扑滚翻练习 tumbling exercise [tʌmblɪŋ, eksəsaɪz]

转身 turn body [tɜ:n 'bɒdi]

前臂内旋 turn forearm inward [tɜ:n /fɔ:rəm ˈɪnwend̩]

前臂外旋 turn forearm outward [tɜ:n /fɔ:rəm /autwərd̩]

脚跟转向里 turn heel inward [te:n hɪ:l ˈɪnwend̩]

掩膝 turn in knees [ta:n ɪnkeis]

转体 turn torso [tɜ:n ˈtɔ:səʊ]

腰向右转 turn torso to the right [tɜ:n ˈtɔ:səʊ tu ðə

raɪt]

转腰 turn trunk [tɜ:n ˈtræŋk]

十二形 twelve forms [twelv̩ ˈfɔ:rmz]

拧身 twist body [twist ˈbɒdi]

拧腰转肩 twist hips and turn shoulders [twist / hips / ænd / tɜːn / 'ʃoʊldəz /]

拧腰 twist waist [twist / weɪst /]

旋腕 twist wrist [twist / rɪst /]

拧劲 twisting force ['twistɪŋ / fɔːs /]

典型错误 typical fault ['tɪpɪkəl / foʊlt /]

统一规格 unified standard ['juːnɪfaɪd / 'stændəd /]

独特的技击方式 unique style of attack [juːnɪk / stail / əf / ətæk /]

[juːnɪk stail / əf / ətæk /]

风格别致 unusual style [ʌnjuːʒnəl / stail /]

动作不稳健 unsteady performance [ʌn'stedɪ

peɪməns /]

高与肩平 up to shoulder level [ʌp / tuː / 'ʃouldə / 'levl /]

上下肢配合协调 upper and lower limbs well-coordinated [ʌpər / ænd / 'ləʊər / lɪmbs / wɛl / koʊrdɪneɪt /]

上盘 upper section [ʌpər / 'sekʃən /]

用力 use force [juːs / foːs /]

刀的技法 use of the broadsword [juːs / əv / ðə / 'broʊdsɔːd /]

棍的技法 use of the cudgel [juːs / əv / ðə / 'kʌdʒəl /]

枪的技法 use of the spear [juːs / əv / ðə / spiːə /]

剑的技法 use of the sword [juːs / əv / ðə / sɔːd /]

以拧腰带动扫腿 use waist as driving force for leg sweep [juːs / weist / əz / 'draɪvɪŋ / foːs / leg / swiːp /]

以…为轴 using... as pivot [juːs / ɪŋ / əz / 'pɪvət /]

以右脚为轴 using right foot as pivot [juːs / ɪŋ / rait / əz / 'pivot /]

[juːs / ɪŋ / rait / əz / 'pivot /]

各种风格 various styles [və'rezɪəz stailz]

立圆 vertical circle [və'retɪkəl 'sɜ:kəl]

垂直面 vertical plane [və'retɪkəl 'pleɪn]

活力 vital energy [vai'tl ̩'enədʒi]

身体要害部位 vital part of body [vaitl ̩'pɑ:t əv 'bədi]

直腰 waist erect [weist 'erɛkt]

腰部练习 waist exercise [weist 'eksəsaɪz]

高与腰齐 waist high [weist 'haɪ]

腰似螺丝，脚似钻 waist like a screw and feet like

drills [weist laik ə 'skraʊənd fɪ:t laik 'drilz]

腰似蛇行 waist like a wriggling snake [weist laik ə 'wriglin ̩ 'snæk]

腰如中轴 waist like an axle [weist faik ən 'æksl]

转腰不充分 waist not turned sufficiently [weist 'not tə:nɪd sə'fɪfəntli]

以腰为轴 waist serves as axis [weist 'səvz əz 'æksɪs]

棚 warding-off movement [wɔ:dɪng'ɒf(m) 'mu:vment]

整理活动 warm-down [wɔ:m-dau:n]

准备活动 warm-up [wɔ:m-ʌp]

器械练习 weapons exercise [wepənz 'eksəsaɪz]

重心移到左(右)腿 weight moves onto left (right) leg [weit mu:vz 'ontu left (rait) leg]

力量练习 weight training [weit 'treɪnɪŋ]

对称 well-balanced [wel'beleɪnsɪst]

匀称 well-proportioned [wel'prə:pɔ:sənd]

拳打有人似无人，拳打无人似有人 when fighting,

fight as if there is no opponent; when practising, fight as if you are facing your worst opponent [hwən fətɪŋ; fət əz if ðəədz hou ə'pounənt; hwen 'præktisin, fætɪŋ ifju:ə: fət əz ə'pounənt]

大刀看刃 when playing Long-handle broadsword, keep eyes on the blade [hwen 'pleiŋ ləŋ'hændl 'bra:dso:d ki:pθə aiz ən ðə bleid]

双刀看走 when playing double-broadswords, watch one's footwork [hwen 'pleiŋ 'dʌbl'broadso:dz wətʃ wənz fʊtwɜ:k]

单刀看手 when playing single broadsword, watch one's hand [hwen 'pleiŋ 'singl 'broadso:d wətʃ wənz hænd]

鞭打动作 whipping (movement) [hwipɪŋ ('mu:vmənt)]

以全脚掌着地 with sole flat on floor

[wi:ð soul flæt ən flɔ:]

收胯 withdraw hips [wi:ð'dro:hips]

收左(右)脚 withdraw left (right) foot [wi:ð'dro:
left (rait) fut]

一气呵成 without any interruption [wi:ðaut 'eni
intə'raptʃn]

上动不停 without stopping previous movement

[wi:ðaut 'stopɪŋ /pri:vjes /mu:vmənt]

腕部动作 wrist action [rist /ækʃn]

转腕 wrist rotation [rist rou'teɪʃn]

手腕交叉 wrists crossed [wristz krost]

顺势 yield [fi:l d] [fild] [fild] [fild] [fild]

顺势
[fild] [fild] [fild] [fild] [fild] [fild] [fild]

顺势
[fild] [fild] [fild] [fild] [fild] [fild] [fild]

七、竞赛 (Competition)

弃权 abstention [æbstensən] [æbstensən] [æbstensən]

附加动作 additional movement [əd'diʃənl 'mu:vmənt]

附加支撑 additional support [əd'diʃənl sə'pɔ:t]

警告 admonition [ədmə'nɪʃən] [ədmə'nɪʃən] [ədmə'nɪʃən]

累积分 aggregate score ['ægriget sko:]

全能 all-round [ɔ:l'rənd] [ɔ:l'rənd] [ɔ:l'rənd]

全能冠军 all-round title [ɔ:l'rənd taitl]

报分 announce scores [ə'nounses sko:z]

成绩公布 announcement of results [ə'nau:nsmənt əv rə'suitz]

宣告员, 播音员 announcer [ə'nau:nse] [ə'nau:nse] [ə'nau:nse]

与要求显著不服 apparent inconformity with specifications

[ə'pærənt in'kɔ:miti wi:b spesifi'keiʃənz]

仲裁委员会 appeals committee [ə'pi:lz kə'miti]

比赛场地 arena [a'rena] [a'rena] [a'rena]

授奖 award [ə'wo:d]

给分 award (points) [ə'wo:d (points)]

判分 awarding of points [ə'wo:dɪŋ əv paints]

纪念奖 badge [bædʒ] [bædʒ] [bædʒ]

裁判委员会 board of judges [bɔ:d əv dʒudʒəz]

加分 bonus point [bʊnəs 'poɪnt] 又文翻手

比赛记录表 box scores [bɔks̩ skɔ:s̩] 比分 等级

器械折断 broken weapon ['brouken 'wepən]

铜牌 bronze medal [brɔ:ndz 'medl]

成绩统计 calculation of results [kælkju:l'eɪʃn əv ri'zalts]

中线 centre line [t'sentər laɪn] 中间线 中心线

冠军 champion ['tʃæmpjən] 冠军 最优胜者

锦标赛 championship ['tʃæmpjənʃɪp] 锦标赛

检录长 chief clerk [tʃef klə:k əv 'tuənləment] 检录员 检录处

裁判长 chief judge [tʃef dʒudʒ] 裁判长 裁判

闭幕式 closing ceremony ['kləuzɪŋ 'seriməni]

报名截止日期 closing date for entries ['kləuzɪŋ deit əf 'entrɪz]

全能项目 combined events [kəm'baind 'evnts]

常见错误 common fault [kə'mən fɔ:t] 常见的

常见错误 common mistake [kə'mən mis'teik]

比赛 competition [kəm'pi:tɪʃn]

竞赛委员会 competition board [kəm'pi:tɪʃn bɔ:d]

竞赛委员会 competition committee [kəm'pi:tɪʃn ke'miti]

竞赛日期和时间 competition date and time

[kəm'pi:tɪʃn 'deit ænd 'taɪm]

比赛项目 competition event [kəm'pi:tɪʃn 'i:vent]

竞赛办公室 competition office [kəm'pi:tɪʃn 'ɔ:fɪs]

- 竞赛规则 competition rules [kɒmpɪ'tɪʃn rʊlz]
比赛地点 competition site [kɒmpɪ'tɪʃn saɪt]
比赛时间 competition time [kɒmpɪ'tɪʃn taim]
日期 date [deɪt] [dæt]
扣除 deduct [di'dʌkt] [dɪ'dʌkt]
遗忘扣分 deduct points for missed movement
[di'dʌkt pɔɪnts fər mɪsɪd mu'vment]
扣除 deduction [di'dʌksjən]
扣分 deduction of points [di'dʌksjən əv pɔɪnts]
弃权 default (forgo) [di'fɔ:t (fɔ:gou)]
奖状, 证书 diploma [dɪ'plɔɪmə]
示分 display points [dɪ'spleɪ pɔɪnts]
取消比赛资格 disqualify [dɪskwɔ:lɪfaɪ]
颁发奖品 distribution of prizes [distrɪ'bju:ʃən əv
'praɪzɪz]
抽签 draw lots [drəʊ: ləts]
淘汰 eliminate [ɪ'lɪmɪneɪt]
出场, 上场 enter courtents [kɔ:t̩p̩]
报名参加 enter in (for) [entər ɪn (fɔ:)]
进场, 入口 entrance [entrəns]
报名表 entry blank [entri blæk]
评分标准 evaluation standards [i'velju:eɪʃən 'stændədz]
项目 event [i'vent]
表演赛 exhibition competition [eksi'bɪʃən kompi'ti-
ʃən]
表演项目 exhibition event [eksi'bɪʃən i'vent]

退场	exit [ek'sait]	退出	complaint	投诉
附加动作	extra movement [ek'strə 'mu:v'mənt]	额外动作	outspoken	直言不讳
第五回	fifth place [fif'th pleis]	回目	competition	比赛
填写	fill in [fil in]	填入	date	日期
决赛	finals ['fainlz]	决赛	dead	死亡
决赛名次	final placings [fainl 'pleisinz]	决赛名次	qualification	资格
取得决赛权	final qualification [fainl 'kwalifi'keiʃən]	取得决赛权	qualification	资格
决赛成绩	final results [fainl 'ri:sults]	决赛成绩	Bob	鲍勃
第一类	first category [fɔ:st 'kætigəri]	第一类	Bob	鲍勃
一级裁判员	first-class judge [fɔ:st 'klas dʒudʒə]	一级裁判员	Bob	鲍勃
第一场地	first court [fɔ:st kɔ:t]	第一场地	Bob	鲍勃
第一名	first place [fɔ:st pleis]	第一名	Bob	鲍勃
遗忘	forget [fɔ:ɡet]	遗忘	forget	忘记
第四类	fourth category [fɔ:θ 'kætigəri]	第四类	Bob	鲍勃
第四名	fourth place [fɔ:θ pleis]	第四名	Bob	鲍勃
友谊赛	friendship match [frendʃip mætʃ]	友谊赛	Bob	鲍勃
满分	full points [ful pɔɪnts]	满分	Bob	鲍勃
满分	full score [ful skor]	满分	Bob	鲍勃
金牌	gold medal [gould 'medəl]	金牌	Bob	鲍勃
集体项目	group event [gru:p ev'eント]	集体项目	Bob	鲍勃
总裁判	head judge [hed dʒudʒə]	总裁判	Bob	鲍勃
最高分	highest score [hejist skor]	最高分	Bob	鲍勃
主队	home team [houm ti:m]	主队	Bob	鲍勃
抱拳礼	holding fist salute [houldin; fist sa'lju:t]	抱拳礼	Bob	鲍勃
没有完成套路	incomplete routine [in'kɔm'pli:t rə'njyoo]	没有完成套路	Bob	鲍勃

- 不一致 **inconformity** [ɪn'kɔnfɔrmɪtɪ] 名 N
不协调 **incoordination** [ɪn'kɔordɪneɪʃən] 名 N
个人冠军 **individual champion** [ɪndividjʊəl 'tʃæmpjən] 名 N
[ɪndividjʊəl ɔ:tʃæmpjənəshən] 名 N
检查员 **inspector** [ɪn'spektə] 名 N
邀请赛 **invitational tournament** [ɪnvɪ'teɪʃənl 'tuənə-mənt] 名 N
裁判员 **judge** [dʒʌdʒ] 名 N
仲裁委员会 **court of appeal** [dʒuərɪ əv ə'pi:l] 名 N
参赛者名单 **list of competitors** [lɪst əv kəm'petitorz] 名 N
因分数落后而失败 **lose points** [ləʊz pɔɪnts] 名 N
最低分 **lowest score** [ləʊwest skɔ:] 名 N
检录 **marshal calling** [mɑ:ʃəl 'keɪlɪŋ] 名 N
集合地点 **meeting places** [mɪ'tɪŋ pleɪs] 名 N
授奖仪式 **medal awards ceremony** [medəl'rewɔ:daɪ'seriməni] 名 N
男子全能冠军 **men's individual all-round title** [menz ,indi'veidjuəl'al-raund 'taɪtl] 名 N
编排方法 **method of ordering events** [meθəd əv (ə:dɔ:g) ɪ'vents] 名 N
分 **minute** ['mɪnɪt] 名 N
遗忘 **miss (movement)** [mis ('mu:vment)] 名 N
失误 **mistake** [maɪ'steɪk] 名 N
国家级裁判员 **national judge** [næʃənl 'dʒʌdʒ] 名 N
全国武术比赛 **national "wushu" competition** [næʃənl "wushu" ,kəmپ'i'tiʃən] 名 N

姓名 name [neɪm] 姓名
号码 number [nʌmbə] 号码
比赛场数 number of matches (completed) 个
[nʌmbə əv 'mætʃɪŋz (kɒm'plɪt) ʌlbɪ] 个

开幕式 opening ceremony [ˈoʊpəneɪməni] 开幕式

入场式 opening march [ˈoʊpəneɪmərəts] 入场式

编排 order of events [ˈo:deɪ əv ɪ'ventz] 编排

名次排列 order of finish [ˈɔ:gdeɪ əv ˈfɪniʃ] 名次排列

组织委员会 organizing committee [ɔ:gɪnaɪzɪng ˈkɒmɪt̬ɪ] 组织委员会

击败对方, 取胜 aoutclass of another [əʊt'klɑ:s əv ən'θeər] 击败对方, 取胜

得分超过对手 aoutpoint sb at point 而言得失分

分数领先 outscored [aʊt'skaʊərd] 得分领先

出界 outside boundary [aʊt'sайд ˈbaʊndəri] 超出界限

圈外 outside circle [aʊt'sайд ˈsɜ:kəl] 超出界限

扣分 penalize [pɛnəl'aɪz] 扣分

扣分 penalty [pi:nəlti] 扣分

时间超出规定 performance over allotted time

[pə'fɔ:məns əʊvər ə'lottid taim] 超出规定

时间不足规定 performance short of allotted time

[pə'fɔ:məns ʃɔ:t̬ əv ə'lottid taim] 不足规定

地点 place [pleis] 地点

比赛台 (擂台) platform [ˈplætfɔrm] 比赛台

评分标准 point scale [poɪnt skeɪl] 评分标准

评分表 points table [poɪnts 'teɪbl] 评分表

奖品 prize [praɪz] 奖品

秩序册 program [ˈprəʊgræm] 秩序册

- 成绩公布栏 public results board [ˈpɒblɪk rɪzʌlts bɔ:d]
合格, 出线 qualify [ˈkwaɪflaɪ] form əʊflaɪ 资格
取得决赛权 qualify for the final[s] [ˈkwaɪflaɪ fɔ:r ˈfaɪnlz]
名次排列表 ranking list [ˈreɪnkiŋ lɪst]
重做 re-perform [ri:pəfɔ:m] 重新表演
记录员 record keeper [rɪkɔ:nd ɡɪpə] 记录保持
规则, 规章 regulation [rɪgjuleɪʃn] 规则本具
规定项目 requirement [rɪk'veɪrəmənt] 规定项目
成绩 result [rɪzʌlt] 成绩, 结果
弃权 retire [rɪtaɪr] 退出比赛
评分裁判员 ringside judge [rɪngsaɪd dʒadʒ] 举点名
点名 roll call [roul kɔ:l]
套路检查员 routine inspector [rʊtɪn ɪn'spektor]
得分相等 same score [seim sɔ:s] 同样得分
示分牌 score board [skɔ:r ˈbaʊd] 得分表
记分表 scoring paper [skɔ:riŋ ˈpeipə] 得分表
秒 second [ˈsekənd] 一秒
第二类 second category [ˈsekənd ˈkætigəri] 第二类
二级裁判员 second-class judge [ˈsekənd ˈklas dʒadʒ]
第二场地 second court [ˈsekənd ˈkɔ:t] 第二场
第二名 second place [ˈsekənd pleis] 第二名
选拔赛 selective trials [si'lektɪv ˈtraɪəlz]
半决赛 semi-final[s] [ˈsemɪ ˈfaɪnlz]
与要求严重不符 severe inconformity with specifications [si'verə inkonfɔ:miti wið spesifi'keifənz]
性别 sex [seks]
性别的性 sex的性

场外指导 *sideline coaching* [saɪdlaɪn] [kɔɪçɪŋ]

银牌 silver medal [ˈsɪlvə] [ˈmedəl] [sɪlvə] [medəl]

第六名 sixth place [sɪksθ ˈpleɪs] [sɪksθ ˈpleɪs]

与要求轻微不符 slight inconformity with specifications

[slait ˌɪnkn̩fə'mɪtɪ] [wɪt] [spesifik'skejənz]

散手比赛 sparring match [spærɪŋ ˈmætʃ]

具体标准 specific standards [spɪ'sifik ˈstændədz]

男运动员 sportsman [ˈspɔ:tθmən]

女运动员 sportswoman [ˈspɔ:tswimən]

踩线 stand on the line [stænd ən ðə laɪn]

扣分标准 standards for deduction [stændədz fo:

di'dʌkʃən]

评分标准 standards of evaluation [stændədz əv'

i'væljue'eisən]

太极推手比赛 (“taiji” push-hands competition)

[“taiji” pus-hændz ˌkɒmpɪtɪʃən]

出场, 上场 take the field [teik ðə fi:lð]

第三类 third category [θɜ:d ˈkætɪgori]

三级裁判员 third class judge [θɜ:sd kλ:s dʒʌdʒ]

第三名 third place [θɜ:d plæis]

弃权, 放弃 throw in the towel [θərəʊ in ðə ˈtaʊəl]

时间 time [taɪm]

计时员 time-keeper [taɪmə'ki:pə]

总分 total points [toutl̩ 'pɔɪnts]

总成绩 total score [toutl̩ 'sko:]

比赛, 竞赛 tournament [tuənə'meɪnt]

选拔赛	try out [trai aut]	[peɪk] back 背
器械方法不清楚	unfamiliar technique [ʌnfə'milɪər tɛknɪk] 不熟	[pɒɪnt] point 胜利点
没有完成套路	unfinished routine [ʌn'fɪniʃtɪd rʊ'nju:n] 完成	[tɪ:n] nation 国家
优胜者	victor [vɪk'tɔ:r] 胜利者	[peɪk] back 背
器械规格	weapon specification [wepən, spesifik'seɪʃn]	[keɪʃn] 剑术
称量体重	weigh in weight [weɪθ, wɛɪð] 重量	[pɒɪnt] point 点数
取胜	win [wɪn]	[pɒɪnt] point 胜利点
获奖	win a prize [wɪn ə prɔɪz]	[plæsət] pleasure 愉快
以分取胜	win on points [wɪn ən pɔɪnts]	[hɪstɔ:rɪkəl] historical 历史的
优胜者	winner [wɪnə]	[pɒɪnt] point 胜利点
女子全能冠军	women's individual all-round title ['wiminz ,indi'veidjuəl ə:lraʊnd taɪtl]	[tɪ:tʃ] title 题目

八、常用人体部位及经络穴位名称 (Names of Parts of Body and Names of Acupuncture Channels and Acupoints in Common Use)

(一) 人体部位名称 (Names of Parts of the Body)		
腹 (部)	abdomen [ə'bɒdəmən]	[i:s] eye 眼睛
踝	ankle ['æŋkl]	[feis] face 脸
脚弓	arch of foot [ɑ:tʃ əv fʊt]	[fju:n] finger 手指
腋窝	armpit ['ɑ:mpit]	[slu:dʒit] shoulder 肩膀
腋窝	axilla [æk'sɪlə]	[nɪŋgɪt] elbow 肘子
胭窝	back of knee [bæk əv ni:]	[nɪŋgɪt] elbow 肘子

背 back [bæk]	[bæk] tuo	背
脊柱 backbone [bækbaʊm] 脊椎骨	脊椎骨	脊柱
脚背 back of foot [bækəfʊt] 脚背	脚背	脚背
手背 back of hand [bækəvəhend] 手背	手背	手背
后脑 back of head [bækəvəhed] 脑后部	脑后部	后脑
前脚掌 back of foot [bækəvəfʊt] 脚趾骨	脚趾骨	前脚掌
掌根 base of palm [beɪsəvəpɔːlm] 重叠部分	重叠部分	掌根
腹 belly [‘beli]	[‘beli] 腹	腹
胸 breast [brest] 胸	胸	胸
鼻梁 bridge of nose [brɪdʒəvənəuz]	鼻梁	鼻梁
臀 buttock [‘bʌtək]	[‘bʌtək] 臀	臀
小腿 calf [ka:f]	[ka:f] 小腿	小腿
脸颊 cheek [tʃe:k]	[tʃe:k] 脸颊	脸颊
胸 chest [tʃest]		胸
下巴颏 chin [tʃin]		下巴颏
锁骨 collarbone [‘kɔ:ləboun]		锁骨
对侧的 contralateral [kɒntrə’leɪtərl]		对侧的
颅顶 cranial vault [kri:nɪəl vɔ:t]		颅顶
耳 ear [eə]		耳
肘 elbow [‘elbou]		肘
眼睛 eye [ai]		眼睛
脸 face [feis]		脸
股骨 femur [‘fi:mə]		股骨
腓骨 fibula [‘fibjule]		腓骨
手指 finger [‘fingə]		手指
指尖 finger tip [‘fingə tɪp]		指尖

前臂	forearm [fɔːrərm]	前臂 (手 + 胳膊)	前臂
食指	forefinger [fɔːr'fɪŋgə]	前指 (手 + 拇指)	姆指
前额	forehead [fɔːr'heid]	前额 (头部)	前额
裆部, 阴部	groin [grɔɪn]	裆部 (阴部)	裆部
头发	hair [heə]	头发 (毛发)	头发
头	head [hed]	头 (头部)	头
脚跟	heel [hi:l]	脚跟 (脚)	脚跟
掌根	heel of hand [hi:l əv hænd]	掌根 (手)	掌根
髋	hip [hɪp]	髋 (大腿骨)	髋
髋(膝, 踝)关节	hip (knee, ankle) joint [hɪp (ni:, əŋkl) dʒɔɪnt]	髋(膝, 踝)关节 (大腿骨 + 膝盖 / 大腿骨 + 踝)	髋(膝, 踝)关节
内踝	inner ankle [ɪnər 'æŋkl]	内踝 (脚)	内踝
大腿内侧	inner thigh [ɪnə θai]	大腿内侧 (大腿)	大腿内侧
脚内侧	instep [instep]	脚内侧 (脚)	脚内侧
肋助间隙	intercostal space [ɪntə'kɔstəl speis]	肋助间隙 (肋骨)	肋助间隙
颌	jaw [dʒɔ:]	颌 (面部)	颌
关节	joint [dʒɔint]	关节 (连接)	关节
膝盖	knee [ni:]	膝盖 (腿, 手)	膝盖
膝盖	kneecap [nɪk'æp]	膝盖 (膝盖)	膝盖
指关节	knuckle [nʌktl]	指关节 (手指)	指关节
左(右)腰部	left (right) lumbar region [lef(t) ləm'bər rɪ'gɪən]	左(右)腰部 (腰)	左(右)腰部
腿	leg [leg]	腿 (腿)	腿
小指	little finger [lɪtl 'fɪngə]	小指 (手)	小指
腰	loins [lɔinz]	腰 (腰)	腰

腰	lower back [louə bæk]	[louə bæk]	腰部
下肢	lower limb [louə lɪm̩]	[louə lɪm̩]	下肢
中指	middle finger [ˈmidl ˈfɪŋgə]	[ˈmidl ˈfɪŋgə]	中指
嘴巴	mouth [maʊθ] [maʊθ]	[maʊθ]	嘴
后颈(项)	nape of neck [neɪp əvnek]	[neɪp əvnek]	后颈
脐	navel [ˈneɪvəl]	[bəd]	肚脐
颈	neck [nek]	[nek]	脖子
鼻	nose [nouz]	[nouz]	鼻子
对侧的	opposite (side) [əˈɒpəzɪt (saɪd)]	[əˈɒpəzɪt (saɪd)]	对侧的
(外踝)	outer ankle [aʊtər ˈæŋkəl]	[aʊtər ˈæŋkəl]	外踝
大腿外侧	outer thigh [aʊtər θaɪ]	[aʊtər θaɪ]	大腿外侧
右(左)肘外侧	outside of right (left) elbow [aʊt'saɪd əv rʌɪt (lef特) ˌelbəʊ]	[aʊt'saɪd əv rʌɪt (lef特) ˌelbəʊ]	右(左)肘外侧
掌	palm [pa:m]	[pa:m]	手掌
肋	rib [rib]	[rib]	肋骨
无名指	ring finger [riŋg ˈfɪŋgə]	[riŋg ˈfɪŋgə]	无名指
小腿	shank [ʃæŋk]	[ʃæŋk]	小腿
肩	shoulder [ˈʃouldə]	[ˈʃouldə]	肩膀
肩(肘, 腕)关节	shoulder (elbow, wrist) joint [ˈʃouldə (ˈelbou, ˈrist) dʒoint]	[ˈʃouldə (ˈelbou, ˈrist) dʒoint]	肩(肘, 腕)关节
肩峰	shoulder point [ˈʃouldə pɔɪnt]	[ˈʃouldə pɔɪnt]	肩峰
体侧	side of body [saɪd əv ˈbodi]	[saɪd əv ˈbodi]	体侧
软肋	soft rib [soft ˈrib]	[soft ˈrib]	软肋
脚底	sole [soul]	[soul]	脚底
脊柱	spinal column [spaɪnl ˈkʌlmən]	[spaɪnl ˈkʌlmən]	脊柱
脊柱	spine [spain]	[spain]	脊柱

腹	stomach [stəʊmək] [stəʊmək]	胃
牙	teeth [tiːθ] [tɪθ]	牙齿
大腿	thigh [θai] [θai]	大腿
胸	thorax [θəræks] [θəræks]	胸部
拇指	thumb [θʌmp] [θʌmp]	拇指
舌尖	tip of tongue [tip̬'ɒv tʌŋ] [tip̬'ɒv tʌŋ]	舌尖
脚趾	toes [taʊz] [taʊz]	脚趾
舌	tongue [tʌŋ] [tʌŋ]	舌
颅顶	top of head [tɒp̬'ɒv hed] [tɒp̬'ɒv hed]	颅顶
躯干	trunk [trʌŋk] [trʌŋk]	躯干
脐	umbilicus [ʌmbɪlɪkəs] [ʌmbɪlɪkəs]	脐
上臂	upper-arm [ʌpər'ɑːm] [ʌpər'ɑːm]	上臂
上体	upper body [ʌpər'bodi] [ʌpər'bodi]	上体
上肢	upper limb [ʌpər'lim] [ʌpər'lim]	上肢
上体	upper part of body [ʌpər'pɑːt əv bədi] [ʌpər'pɑːt əv bədi]	上体
腰	waist [weɪst] [weɪst]	腰
腕	wrist [rist] [rist]	腕

(二) 经络及穴位名称 [(Names of Acupuncture Channels and Acupoints)]

俞穴	acupuncture points [ækjup̬'ʌktʃəntʃə 'points]
经	arge and vertical channels [ɑːdʒ 'ænd 'vɛ:tɪkəl 'tʃænlz]
百会	"baihui" ["/baihui"]
长强	"changqiang" ["/changqiang"]
经络	channels [tʃænlz]

承光	“chengguang” [“chengguang”]	chéngguāng
承浆	“chengjiang” [“chengjiang”]	chéngjiāng
尺泽	“chize” [“chize”]	chǐzé
冲脉	“chong” channel [“chong”]	tōngmài
冲门	“chongmen” [“chongmen”]	tōngmén
大包	“dabao” [“dabao”]	dàbāo
带脉	“dai” channel [“dai”]	tài mài
带脉	“daimai” [“daimai”]	dài mài
胆俞	“danshu” [“danshu”]	dǎnshū
丹田	“dantian” [“dantian”]	dāntiān
大椎	“dazhui” [“dazhui”]	dàzhūi
地仓	“dicang” [“dicang”]	dìchāng
督脉	“du” channel [“du”]	dūmài
督俞	“dushu” [“dushu”]	dūshū
奇经八脉	eight extraordinary channels	qíjīng bāmài

	[eit iks'trə:dinəri 'tʃænlz]	īk'strədīnərl tʃænlz
风池	“fengchi” [“fengchi”]	fēngchí
风府	“fengfu” [“fengfu”]	fēngfǔ
风门	“fengmen” [“fengmen”]	fēngmén
肝俞	“ganshu” [“ganshu”]	gānshū
隔俞	“geshu” [“geshu”]	géshū
关元	“guanyuan” [“guanyuan”]	guānyuán
合谷	“hegu” [“hegu”]	hégǔ
华盖	“huagai” [“huagai”]	huáigài
环跳	“huantiao” [“huantiao”]	huāntiào
会阳	“huiyang” [“huiyang”]	huìyáng

会阴	“huiyin” [“huīyīn”] “fei yin”	文氏 丘的
肩井	“jianjing” [“jiānjǐng”] “ui jing”	丘的
肩髎	“jianliao” [“jiānláo”] “ui jian liao”	曲离
肩外俞	“jianwaiyu” [“jiānwài yú”] “ui jian wai yu”	肩外
肩中俞	“jianzhongyu” [“jiānzhōng yú”]	肩中
肩髃	“jianyu” [“jiānyú”] “ui jian yu”	肩髃
晴明	“jingming” [“jīngmíng”]	明心
鸠尾	“jiuwai” [“jiūwài”]	鸠心
脊中	“jizhong” [“jǐzhōng”]	脊中
巨阙	“juque” [“juquē”]	巨阙
劳宫	“laogong” [“láo gōng”]	劳宫
眉冲	“meichong” [“mèi chōng”]	眉冲
命门	“mingmen” [“mīngmén”]	命门
脑户	“naohu” [“nǎohù”]	脑户
内关	“neiguan” [“neiguān”]	内关
脾俞	“pishu” [“píshù”]	脾俞
经络	principal channels [prɪnsəpəl]	[tʃænlz]
气冲	“qichong” [“qìchōng”]	气冲
气海	“qihai” [“qīhài”]	气海
期门	“qimen” [“qīmén”]	期门
气穴	“qixue” [“qīxué”]	气穴
曲池	“quchi” [“quchí”]	曲池
曲泽	“quze” [“quzé”]	曲泽
任脉	“ren” channel [“ren”]	[tʃænl]
人中	“renzhong” [“renzhōng”]	人中
三阴交	“sanyinjiao” [“sānyīnjīào”]	三阴交

上关	“shangguan” [“shangguan”] ㄕㄤㄍㄨㄢ	門禁
商丘	“shangqiu” [“shangqiu”] ㄕㄤㄑㄧㄡ	中長
商曲	“shangqu” [“shangqu”] ㄕㄤㄑㄩ	盤
上院	“shangyuan” [“shangyuan”] ㄕㄤㄧㄩㄢ	高水位
商阳	“shangyang” [“shangyang”] ㄕㄤㄧㄙㄢㄶ	中側
少冲	“shaochong” [“shaochong”] ㄕㄠㄔㄉㄨㄥ	深
少府	“shaofu” [“shaofu”] ㄕㄠㄈㄨ	少府
少商	“shaoshang” [“shaoshang”] ㄕㄠㄕㄤ	少商
少泽	“shaoze” [“shaoze”] ㄕㄠㄗㄜ	少澤
神门	“shenmen” [“shenmen”] ㄕㄣㄇㄣ	神門
肾俞	“shenshu” [“shenshu”] ㄕㄣㄕㄸ	腎俞
神庭	“shenting” [“shenting”] ㄕㄣㄊㄥ	神庭
身柱	“shenzhu” [“shenzhu”] ㄕㄣㄊㄷ	身柱
手三里	“shousanli” [“shousanli”] ㄕㄡㄟㄢㄌㄧ	手三里
俞府	“shufu” [“shufu”] ㄕㄔㄈㄨ	俞府
络	small and horizontal channels [smɔ:l ænd ㄏㄝ:ㄯㄳㄉ]	
	[tʃənlɪz] ㄊㄔㄢㄌㄧㄢ	
太冲	“taichong” [“taichong”] ㄊㄞㄔㄻㄉㄥ	太冲
太溪	“taixi” [“taixi”] ㄊㄞㄦㄫ	太溪
太阳	“taiyang” [“taiyang”] ㄊㄞㄧㄢㄢㄶ	太陽
太渊	“taiyuan” [“taiyuan”] ㄊㄞㄧㄢㄩㄢ	太淵
膻中	“tanzhong” [“tanzhong”] ㄊㄢㄐㄻㄉㄥ	膻中
太阳穴	temple [‘templ]	
带脉	the belt channel [ðə bɛlt /tʃænl]	
足少阳胆经	the gall bladder channel of foot “shao yang” [ðə ɡa:ł /blædə ‘tʃænl əv. fut “shao yang”]	

- "shao 少少阴经 the heart channel of hand" "shao yin"
 [ðəʊ 'haʊtʃænəl əv hænd] "shao yin"]
- "yin 阴少阴肾经 the kidney channel of foot" "shao yin"
 [[ðəʊ 'fɪkɪdɪəl əf fʊt] "shao yin"] ð
- jooi 手阳明大肠经 the large intestine channel of hand
 ist" iːi və'yang'mɪŋg [ðəʊ'laɪŋg ɪntestɪnətʃənl əv hænd
 "yang ming"] [ənsv]
- 足厥阴肝经 the liver channel of foot" "jue yin"
 [ðəʊ 'lɪvə tʃænl əv fʊt] "jue yin" : (i)
- 手太阴肺经 the lung channel of hand" "tai yang"
 [ðəʊ laɪŋ tʃænl əv hænd] "tai yin" : (ii)
- 阳跷脉 the motility channel of yang 阳跷脉
 [ðəʊ mou'tilitiʃænl əv 'yang] : (iii)
- 阴跷脉 the motility channel of yin 阴跷脉
 [ðəʊ mou'tilitiʃænl əv 'yin] : (iv)
- 手厥阴心包经 the pericardium channel of hand "jue yin"
 [ðəʊ 'peɪrɪkɔ:dɪəm 'tʃænl əv hænd] "jue yin"]
- 阳维脉 the regulating channel of yang 阳维脉
 [ðəʊ 'regjuleitɪŋ 'tʃænl əv 'yang] : (v)
- 阴维脉 the regulating channel of yin 阴维脉
 [ðəʊ 'regjuleitɪŋ 'tʃænl əv 'yin] : (vi)
- 手少阳三焦经 the san jiao channel of hand "shao yang"
 [ðəʊ "san dʒæʊʃænl əv hænd] "shao yang"]
- 手太阳小肠经 the small intestine channel of hand
 (shao) "tai yang" [ðəʊ 'smaɪlɪntɪstɪnətʃənl əv hænd "tai
 yang"] [ənsv] "tai yang" : (vii)

- 足太阴脾经 [the spleen channel of foot “tai yin”]
 [tə: ‘splein’ tʃənəl əv. fut. “tai yin”]
- 足阳明胃经 [the stomach channel of foot “yang ming”]
 [tə: ‘stomach tʃənəl əv. fut. “yang ming”]
- 足太阴膀胱经 [the urinary bladder channel of foot “tai yang”] [tə: ‘fjærinari blædər tʃənəl əv. fut “tai yang”]
- 手三阳经 [three “yang” channels of hand]
 [θri: “yang” tʃənəlz əv. fut]
- 手三阴经 [three “yin” channels of hand]
 [θri: “yin” tʃənəlz əv. hænd]
- 足三阴经 [three “yin” channels of foot]
 [θri: “yin” tʃənəlz əv. fut]
- 手三阴经 [three “yin” channels of hand]
 [θri: “yin” tʃənəlz əv. hænd]
- 天池 [“tianchi”] [tʃianchi] 五脏有穴，曰天池
- 天冲 [“tianchong”] [“tianchong”] 天冲
- 天窗 [“tianchuang”] [“tianchuang”] 天窗
- 天府 [“tianfu”] [“tianfu”] 天府
- 天枢 [“tianshu”] [“tianshu”] 天枢
- 天突 [“tiantu”] [“tiantu”] 天突
- 天柱 [“tianzhu”] [“tianzhu”] 天柱
- 听会 [“tinghui”] [“tinghui”] 听会
- 通天 [“tongtian”] [“tongtian”] 通天
- 十二正经 [twelve regular channels [twelv ‘regjuəl tʃənəlz]
- 外关 “waiguan” [“waiguan”]

胃俞	“weishu” [“weishu”] “胃俞穴”
委阳	“weiyang” [“weiyang”] “委阳穴”
委中	“weizhong” [“weizhong”] “委中穴”
下关	“xianguan” [“xianguan”] “下关穴”
下腕	“xiawan” [“xiawan”] “下腕穴”
心俞	“xinshu” [“xinshu”] “心俞穴”
璇玑	“xuanji” [“xuanji”] “璇玑穴”
血海	“xuehai” [“xuehai”]
哑门	“yamen” [“yamen”]
阳跷脉	“yang chiao” channel [“yang chiao” ‘tʃænl̩]
阳维脉	“yang wei” channel [“yang wei” ‘tʃænl̩]
阳池	“yangchi” [“yangchi”]
阳谷	“yanggu” [“yanggu”] “阳谷穴” 朱氏《针灸学》
腰俞	“yaoshu” [“yaoshu”] “腰俞穴”
腰眼	“yabyan” [“yabyan”] “腰眼穴” 《针灸学》
阴跷脉	“yin chiao” channel [“yin chiao” ‘tʃænl̩]
阴维脉	“yin weii” channel [“yin weii” ‘tʃænl̩]
阴谷	“yinggu” [“yinggu”] “阴谷穴” 《针灸学》
迎香	“yingxing” [“yingxing”] Chinese 香 “迎香穴” 本草纲目
阴交	“yinjiao” [“yinjiao”] “阴交穴” 通脉之穴
印堂	“yintang” [“yintang”] Chinese 堂 “印堂穴” 通脉之穴
涌泉	“yongquan” [“yongquan”] “涌泉穴” 通脉之穴
幽门	“youmen” [“youmen”] “幽门穴” 通脉之穴
云门	“yunmen” [“yunmen”] “云门穴” 通脉之穴
鱼际	“yuji” [“yuji”] Chinese 鱼际 “鱼际穴” 通脉之穴
玉枕	“yuzhen” [“yuzhen”] “玉枕穴” 通脉之穴

章门	“zhangmen” [“ʈʂɑŋmən”] “ʈʂɑŋmən”	金门
中冲	“zhongchong” [“ʈʂɔŋʈʂɔŋ”] “ʈʂɔŋʈʂɔŋ”	指冲
中府	“zhongfu” [“ʈʂɔŋfʊ”], “ʈʂɔŋfʊ”	中委
中枢	“zhongshu” [“ʈʂɔŋʂu”] “ʈʂɔŋʂu”	长子
中脘	“zhongwan” [“ʈʂɔŋwán”] “ʈʂɔŋwán”	部下
紫宫	“zigong” [“ʈʂiŋkóng”] “ʈʂiŋkóng”	命宫
足三里	“zusanli” [“ʈʂusənlí”] “ʈʂusənlí”	足三里

[“ʈʂusənlí”] “ʈʂusənlí”

[“ʈʂiŋkóng”] “ʈʂiŋkóng”

“wushu” “wushu” “wushu” “wushu”

九、其它 (Others) 例如 “tai chi” “tai chi”

[“taɪ̯çɪ”] “taɪ̯çɪ”

亚洲武术联合会 Asian Wushu Federation [‘eɪsən

“wush” ,fedə’reiʃən] “wush”

拳社 Boxing Society [boksɪŋ ‘se’saɪəti]

气功 breathing exercise [bri:t̩ɪŋ] [eksəsaɪz]

刀舞 broadsword dance [bɒrədswɔ:d dæns]

陈家沟 “Chenjiaguo” Village [“chenjiaguo”] [vɪlɪdʒ]

中华武术 Chinese Wushu [tʃai’ni:z] “wushu”

文化珍宝 culture gem [kʌltʃər dʒem]

舞练 dance practice [da:səs] [ptækts]

二指禅 double-finger hand-stand [dʌbl̩-fɪŋgər hænd-stænd]

双戟舞 double-halberd dance [dʌbl̩-hælbə(;)dæns]

鹰爪功 Eagle-Claw Exercise [‘eɪgl-kla: ‘eksəsaɪz]

八卦 eight diagrams [eɪt\;/dæjəgræmz]

noi^八 八卦 eight extremities [eit̪(t)iks'tremɪtɪz]

八卦 eight trigrams [eit̪(t)raɪgræmz]

峨嵋山 “Emei” Mountains [‘emei’ ‘mauptinz]

欧洲武术联合会 European “Wushu” Federation

[juərə’pi(ɔ:)n ‘wushu’fede’reɪʃən]

交流会 exchange meeting [eik’stʃeɪndʒ ‘mi:tɪŋ]

经验交流 exchange of experience [iks’tʃeɪndʒ əv

[ɪk’spiəriəns]

技术交流 exchange of techniques [iks’tʃeɪndʒ əv

[tek’nɪks]

外功 external exercise [eks’tə:nəl ‘eksesaɪz]

武术领域 field of “Wushu” [fi:ld əv “wushu”]

格斗术 fighting arts [(f)aitɪŋ ‘a:ts]

手搏 fistfight [fistfætʃɪt]

五行 (金、木、水、火、土) five elements (metal,

water, wood, fire and earth) [fai’vələmənts (metl,

water, wood, fire and earth)] bottom

功夫 “gong-fu” [(“gong-fu”)]

硬功 hard exercise [hɑ:d ‘eksesaɪz]

健身 health-building [helθ-’bɪldɪŋ]

主动权 initiative [ɪ’mɪʃətɪv]

内功 inner strength and sensitivity

[inə strengθənd sensɪ’tɪviti]

太极拳学院 Institute of “Taijiquan”

[instɪtju:t əv “taijiquan”]

内功 internal exercise [in’tə:həl ‘eksesaɪz]

国际武术联合会 “International Wushu” Federation

[intə(:)nɛʃənl ˈwʊʃu:(t)ʃəfər'eɪʃən] 八

国际武术组织 “International Wushu” Organization

[intə(:)nɛʃənl ˈwʊʃu:(t)gɑ:təz'ɔ:ɡənɪzəʃən] 九

铁臂功 Iron-arm Exercise [aɪlən'ɑ:m ˈeksəsaɪz]

剑道 “jiandao” [sword school] [dʒi:əndəʊ] 五

“jiandao” [solid skull] [spɪəbɪlk] 五

较棒 “jiaobang” (staff fight) [“jiaobāng” (staff fight)]

角抵 “jiāodi” exercise [“jiāodi”’s ˈeksəsaɪz] 六

角力 “jiaoli” (trial of strength) [“jiaoli” (trial of

strength) 八] [jiaoli] 九

击剑 “jijian” (fencing) [“jijian” (fensin)]

功夫 “kung-fu” [“kung-fu”] 八

武术家 martial artist [mɑ:tʃlər əstɪt] 八

武术 martial arts [mɑ:tʃl ə:tɪs] 八

武术家 martial arts master [mɑ:tʃl ə:tɪs ˈma:stə]

流星桩 meteor stake exercises [‘mi:ti:w stek ˈeksəsaɪz]

民族文化遗产 national cultural heritage

[‘næʃənl ˈkʌltʃəl ‘heritidʒ] 八

阴 negative element [‘negetiv ɪləment] 八

老拳师 old “wushu” master [ould “wushu” ma:stə]

起源于… originate from [ə’ridʒneɪt frəm] 八

拍打功 Patting to Striking Exercise

[‘pætɪŋ’ tu straɪkin ˈeksəsaɪz] 八

业余武术学校 sparetime “wushu” school [‘speətai’m

“wushu” sku:l]

- 发源地 place of origin [plaɪəs 'əv 'ɔːrɪdʒɪn]
- 阳 positive element ['pəzətɪv 'eləmənt]
- 武协主席 President of the "Wushu" Association
['prezɪdənt əv ðə 'wʊʃu' ə'sosɪ'eɪʃən]
- 民间武术组织 public "wushu" organisation
['pʌblɪk "wʊʃu", ɔ:gnaɪ'zeɪʃən]
- 拳师 pugilist ['pjū:dʒɪlist]
- 气功 Qi-Gong ['qi-góng']
- 拍打功 Self-Hitting Exercise [self- 'hitɪŋ 'eksəsaɪz]
- 少林寺 "Shaolin" Monastery ['shaolin' mənəstəri]
- 少林寺 "Shaolin" Temple ['shaolin' templ]
- 盾牌刀舞 shield and broadsword dance
[ʃɪld ænd brɔ:dso:d dæns]
- 短小精悍 short and vigorous (set moves)
[ʃo:t ænd vɪgərəs (set mrvz)]
- 手搏 "shoubi" (sparring) ['shoubo' (spa:rɪŋ)]
- 朴实无华 simple and unadorned ['sɪmpli ænd ʌn'ə:də:hd]
- 一指禅 single-finger hand-stand ['singl' finge hænd-stænd]
- 风格独特 specific style ['spɪ'sɪfɪk stail]
- 软功 soft exercise ['soft eksəsaɪz]
- 嵩山 "Songshan" Mountains ["songshan" 'mauntinz]
- 南拳北腿 southern-style boxing emphasizes fist techniques while northern-style emphasizes leg techniques
['sʌðən-stail boksɪŋ 'emfəsəniziz fist tek'ni:ks hwail]

- 使棒 staff fight [sta:f faɪt] 使棒打
桩功 stake exercise [steik 'eksəsaɪz] 桩功
相朴 sumo [su:mou] 相扑
剑舞 sword-dance [sɔ:d-dæns] 剑舞
太极 “taiji” [“taiji”] 太极
太极拳学院 “Taijiquan” Academy [“taijiquan” e'kædəmi] 尚武精神
攻防术 the art of offence and defence [ði: a:t əv ə'fens ənd dɪ'fens]
武术工作者 those with careers in the field of “wushu” [ðəuz wið ke'riəz ɪn ðə fi:lڈ əv “wushu”]
训练馆 training hall [‘treɪnɪŋ hɔ:l] 训练馆
训练房 training room [‘treɪnɪŋ ru:m] 训练房
武舞 (持械舞) weapons dance [‘wepənz da:ns] 武舞
武术界 world of “wushu” [wə:ld əv “wushu”]
角抵，摔跤 wrestling [‘reslɪŋ]
武术 “wushu” [“wushu”]
武术学院 “Wushu” Academy [“wushu” e'kædəmɪ]
武术协会 “Wushu” Association [“wushu” ə'sosɪ'eɪʃən]
武术课 “wushu” class [“wushu” kla:s]
武术辅导站 “Wushu” Coaching Center [“wushu” kɔutʃɪŋ ‘sentə]

- 武术团体 “wushu” community [“wushu” kə’mjū:niti]
武术课 “wushu” course [“wushu” kɔ:s]
武术代表团 “Wushu” delegation [“wushu” ,deli’geiʃən]
武术系 “Wushu” department [“wushu” di’pa:tment]
武术行家 “Wushu” expert [“wushu” ‘ekspə:t]
武术联合会 “Wushu” Federation [“wushu”
,fedə ’reisjən]
武术影片 “Wushu” film [“wushu” film]
武术家 “Wushu” master [“wushu” ‘ma:tsə]
武当山 “Wudang” Mountains [“wudang” ‘mauntinz]
武术组织 “Wushu” Organization [“wushu” ,ɔ:gənai-
’zeiʃən]
武术研究会 “Wushu” Research Committee
[“wushu” ri’sə:tʃ kə’miti]
武术研究院 “Wushu” Research Institute
[“wushu” ri’sə:tʃ ’institju:t]
武术社 “Wushu” Society [“wushu” sə’saiəti]
武术家 “Wushu” specialist [“wushu” ‘speʃəlist]
武术(代表)队 “Wushu” team [“wushu” ti:m]
武术界 “Wushu” world [“wushu” wə:ld]
相扑 “xiangpu” (the equivalent of modern sumo)
[“xiangpu” (xi: i’kwivələnt əv ‘mə:dən ‘su:mou)]
阴阳 “yin” and “yang” [“yin” and “yang”]

英汉汉英武术常用词汇

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